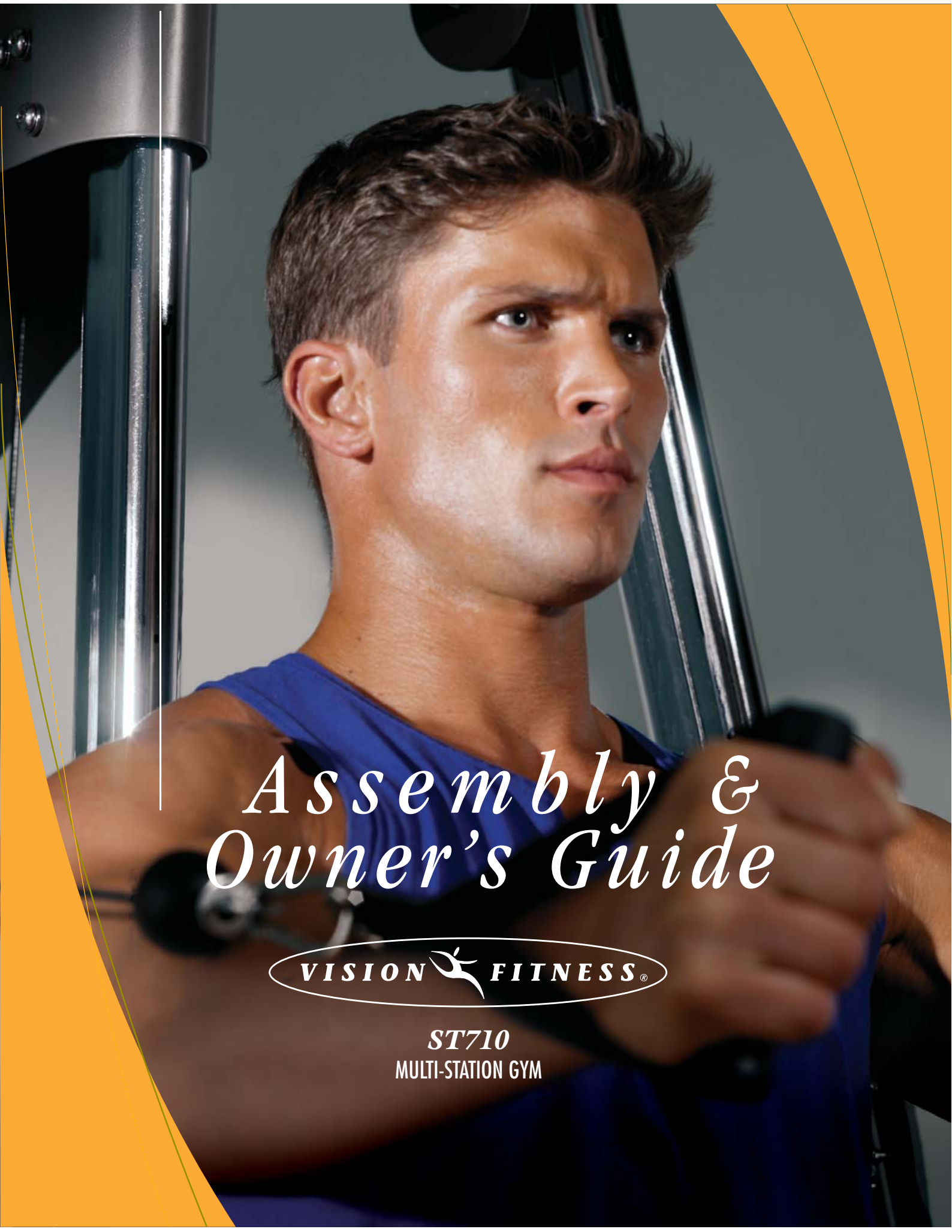


Assembly & Owner's Guide

VISION FITNESS®

ST710

MULTI-STATION GYM

Table of Contents

ASSEMBLY GUIDE

ASSEMBLY GUIDE 4
HARDWARE BAGS 6
STEP 1: ORANGE BAG 11
STEP 2: BLUE BAG 12
STEP 3: WEIGHT STACK 13
STEP 4: PINK BAG 14
STEP 5: GREEN BAG 15
STEP 6: BLACK BAG 16
STEP 7: CABLE #1 17
STEP 8: CABLE #2 18
STEP 9: CABLE #3 19
STEP 10: CABLE #4 20
STEP 11: CABLE #5 21
STEP 12: CABLE #6 (1/4" diameter) . . . 22
STEP 13: YELLOW BAG 23
STEP 14: RED BAG 24
STEP 15: LIGHT BLUE BAG 25

OWNER'S GUIDE

EFFECTIVE RESISTANCE 26
RESISTANCE TRAINING BENEFITS
& TIPS, WORKOUT VARIATIONS 28
TRAINING PROGRAMS 29
STRETCHING 30
INCLUDED ACCESSORIES 32
PRESS ARM STATION EXERCISES 34
CENTER STATION EXERCISES 36
LEG PRESS/LAT PULLDOWN EXERCISES . 39
MAINTENANCE SCHEDULE 40
COMMERCIAL WARRANTY 41
WORKOUT LOGS 42

Assembly & Owner's Guide

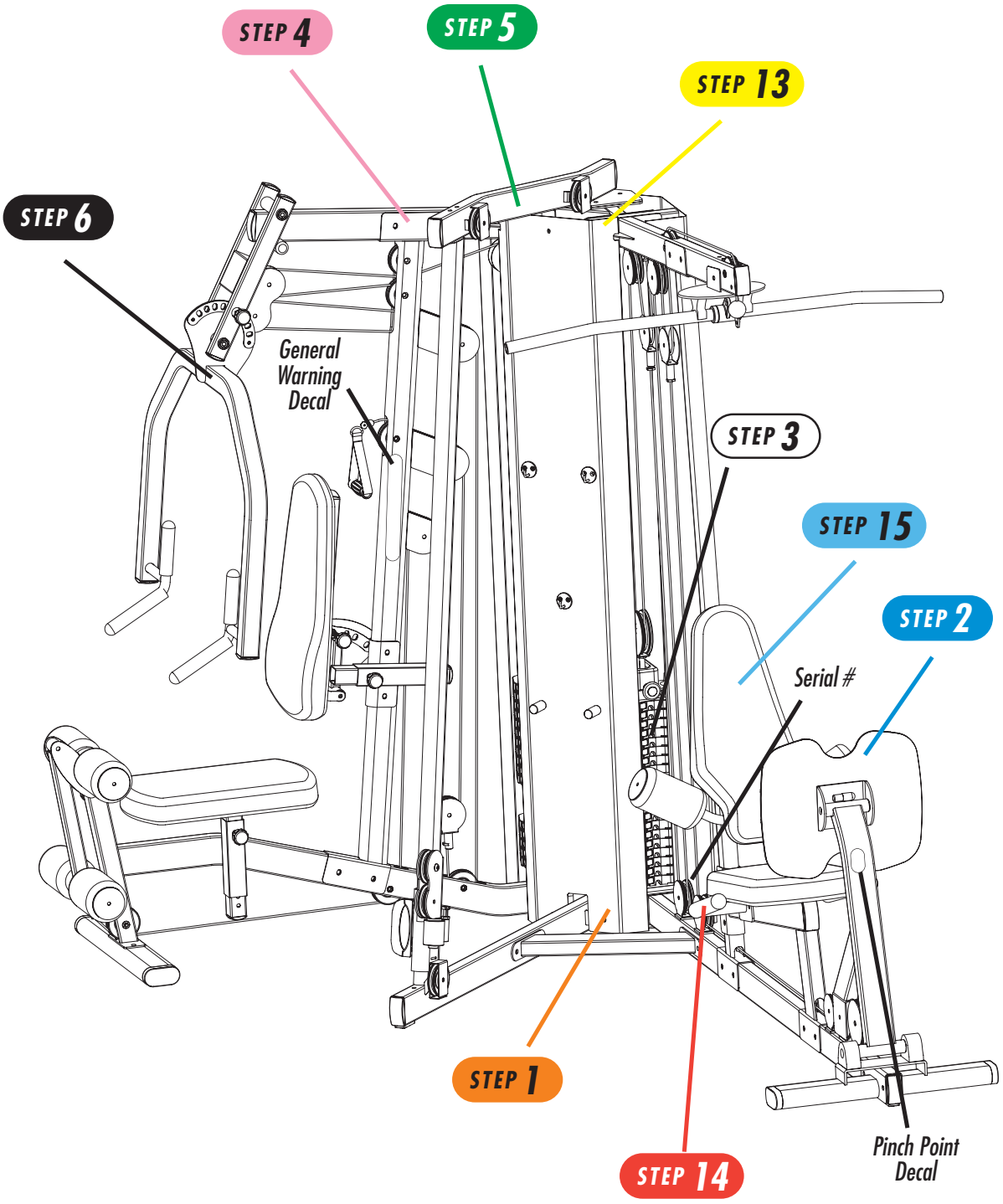
ST710
MULTI-STATION GYM

To avoid possible damage to this Multi-Station Gym, please follow these assembly steps in the correct order. Before proceeding, find your new Multi-Station Gym serial number located on the side of the leg press floor support (AC3), and enter here:

_____

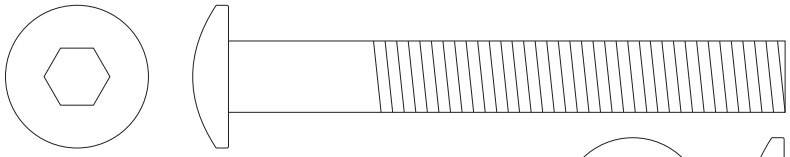
Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Assembly/Owner's Guide before using your new Multi-Station Gym.
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12.

NOTE: During assembly, it is recommended to ensure that all bolts are in place and partially threaded before completely tightening any one bolt. During assembly steps 1 thru 6, do not completely tighten any bolts until completion of Step 6. Also, it is recommended to apply grease to the fittings of the pillow block bearings on the Leg Press station. This will ensure smooth operation and prevent rust.

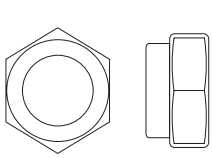

STEP 4
STEP 5
STEP 13
STEP 6
General Warning Decal
STEP 3
STEP 15
STEP 2
Serial #
STEP 1
STEP 14
Pinch Point Decal

HARDWARE INCLUDED

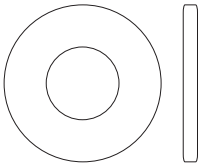
ORANGE BAG



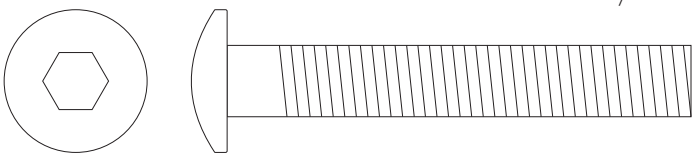
M10 x 78 Bolt
Quantity: 4



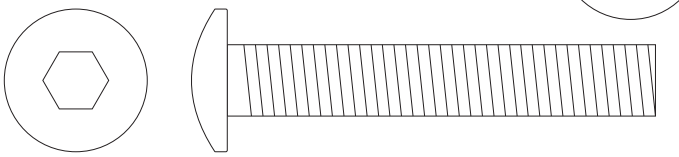
M10 Nylon Nut
Quantity: 6



10.2 x 22 x 2
Flat Washer
Quantity: 12



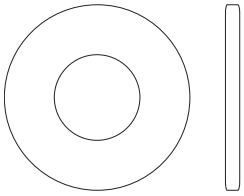
M10 x 65 Bolt
Quantity: 2



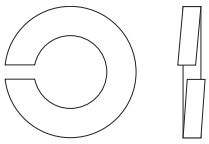
M10 x 60 Bolt
Quantity: 2

BLUE BAG

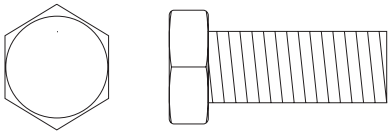
M6 x 8 Set Screw
Quantity: 4



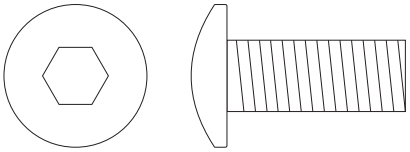
12 x 26 x 2
Flat Washer
Quantity: 1



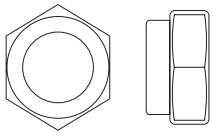
10.2 x 18.4 x 2.5
Lock Washer
Quantity: 5



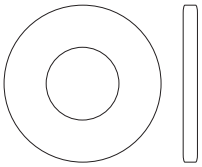
M10 x 25 Bolt
Quantity: 4



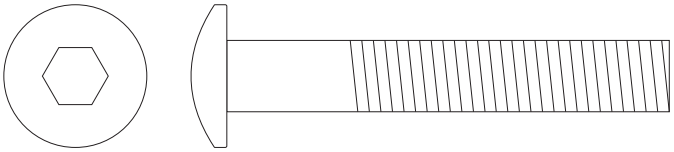
M10 x 25 Bolt
Quantity: 1



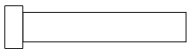
M10 Nylon Nut
Quantity: 7



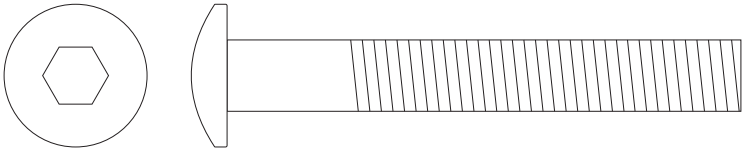
10.2 x 22 x 2
Flat Washer
Quantity: 18



M10 x 62 Bolt
Quantity: 6



5 3/4" Shaft
(illustration not to scale)
Quantity: 1

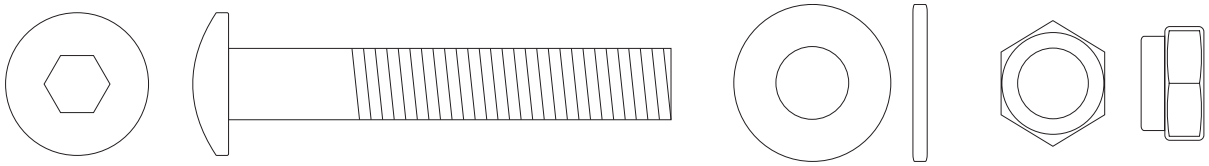


M10 x 72 Bolt
Quantity: 1

8 7/16" Axle
(illustration not to scale)
Quantity: 1

HARDWARE INCLUDED

PINK BAG

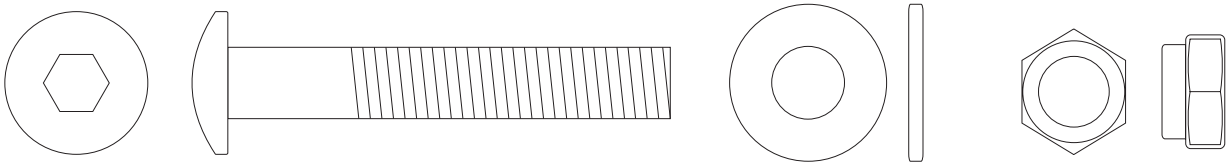


M10 x 62 Bolt
Quantity: 4

10.2 x 22 x 2
Flat Washer
Quantity: 10

M10 Nylon Nut
Quantity: 6

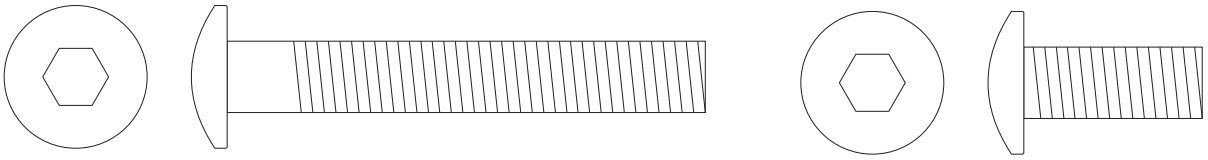
GREEN BAG



M10 x 62 Bolt
Quantity: 6

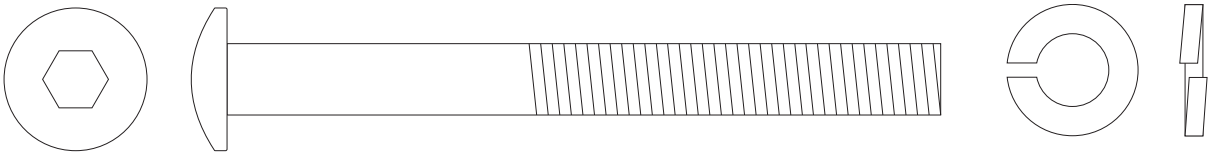
10.2 x 22 x 2
Flat Washer
Quantity: 26

M10 Nylon Nut
Quantity: 10



M10 x 67 Bolt
Quantity: 4

M10 x 25 Bolt
Quantity: 4

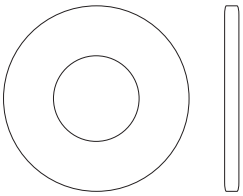


M10 x 100 Bolt
Quantity: 2

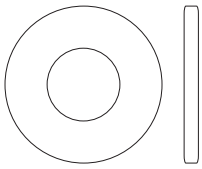
10.2 x 18.4 x 2.5
Lock Washer
Quantity: 6

HARDWARE INCLUDED

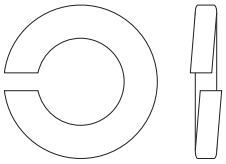
BLACK BAG



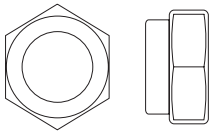
12 x 26 x 2
Flat Washer
Quantity: 2



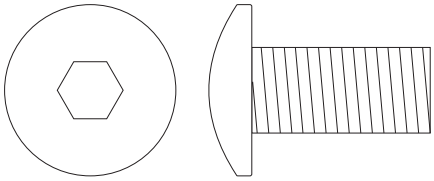
10.2 x 22 x 2
Flat Washer
Quantity: 16



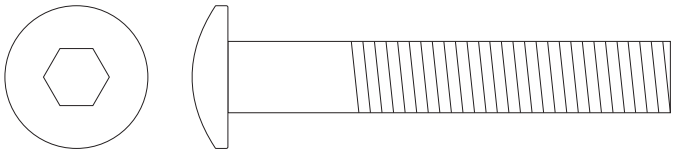
12.2 x 21 x 2.5
Lock Washer
Quantity: 2



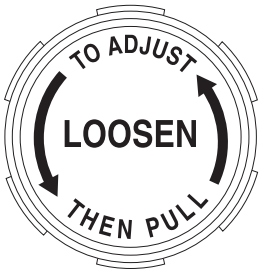
M10 Nylon Nut
Quantity: 8

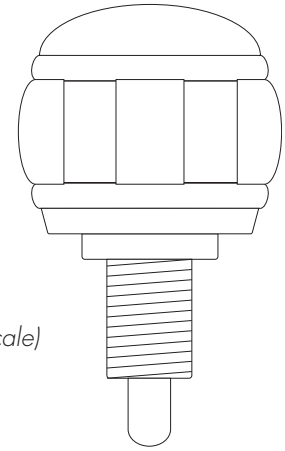


M12 x 25 Bolt
Quantity: 2

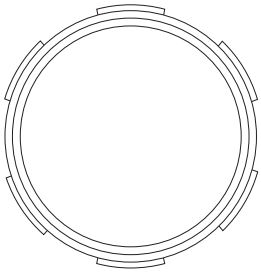


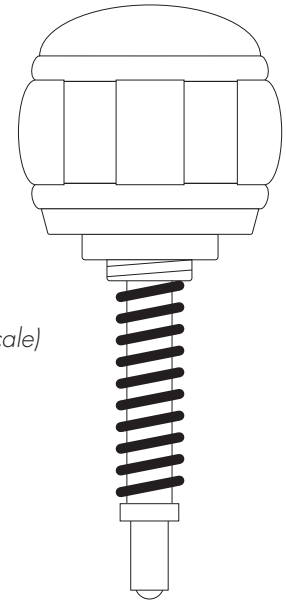
M10 x 62 Bolt
Quantity: 8





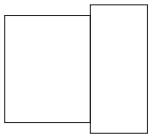
Pull Pin A
(illustration not to scale)
Quantity: 4





Pull Pin B
(illustration not to scale)
Quantity: 1

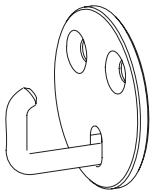
Axle
(illustration not to scale)
Quantity: 2



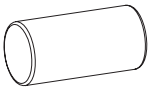
Sleeve
(illustration not to scale)
Quantity: 2

HARDWARE INCLUDED

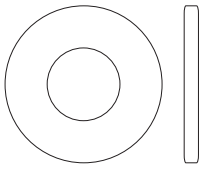
YELLOW BAG



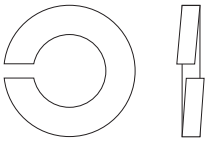
Accessory Storage Hook
(illustration not to scale)
Quantity: 3



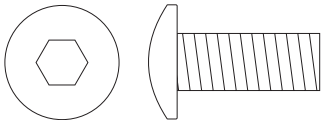
Add-on Weight Storage Posts
(illustration not to scale)
Quantity: 2



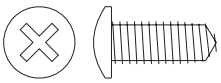
10.2 x 22 x 2
Flat Washer
Quantity: 2



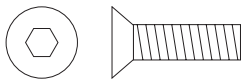
10.2 x 18.4 x 2.5
Lock Washer
Quantity: 2



M8 x 20 Bolt
Quantity: 7



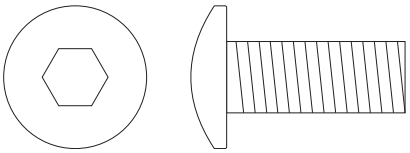
M5 x 15 Screw
Quantity: 8



M5 x 15 Bolt
Quantity: 6

Attachment Clips Z30
(illustration not to scale)
Quantity: 4

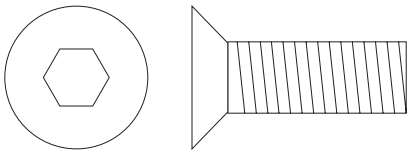
Slip on nuts Z31
(illustration not to scale)
Quantity: 8



M10 x 25 Bolt
Quantity: 2

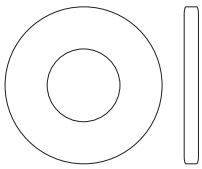
HARDWARE INCLUDED

RED BAG

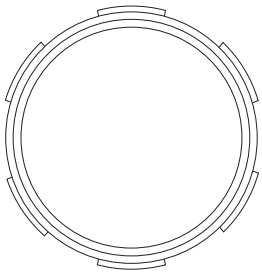


M10 x 25 Bolt
Quantity: 3

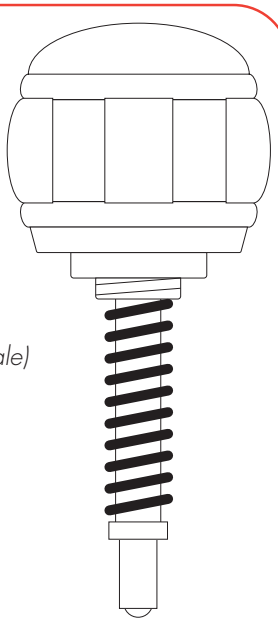
M6 x 8 Set Screw
Quantity: 1

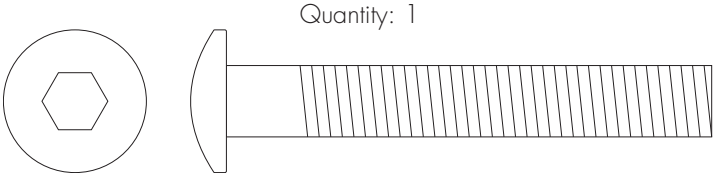


10.2 x 22 x 2
Flat Washer
Quantity: 9

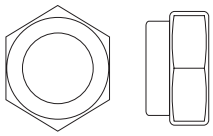


Pull Pin B
(illustration not to scale)
Quantity: 1

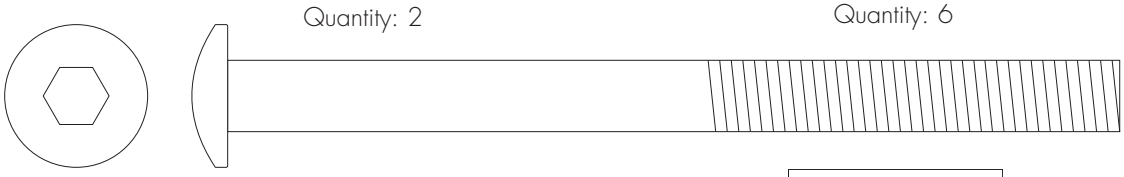




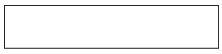
M10 x 68 Bolt
Quantity: 2



M10 Nylon Nut
Quantity: 6

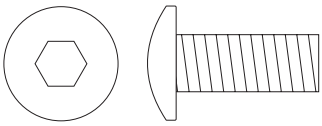


M10 x 125 Bolt
Quantity: 1

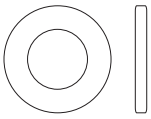


4" Axle
(illustration not to scale)
Quantity: 1

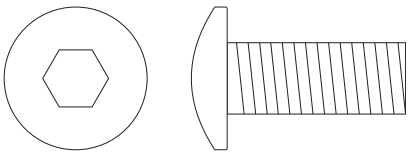
LIGHT BLUE BAG



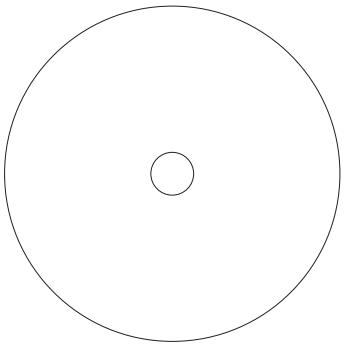
M8 x 20 Bolt
Quantity: 6



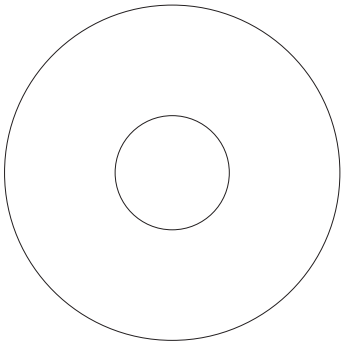
8.4 x 15 x 1.6
Flat Washer
Quantity: 6



M10 x 25 Bolt
Quantity: 16



Small Disc (hole size)
(illustration not to scale)
Quantity: 6



Large Disc (hole size)
(illustration not to scale)
Quantity: 4

STEP 1

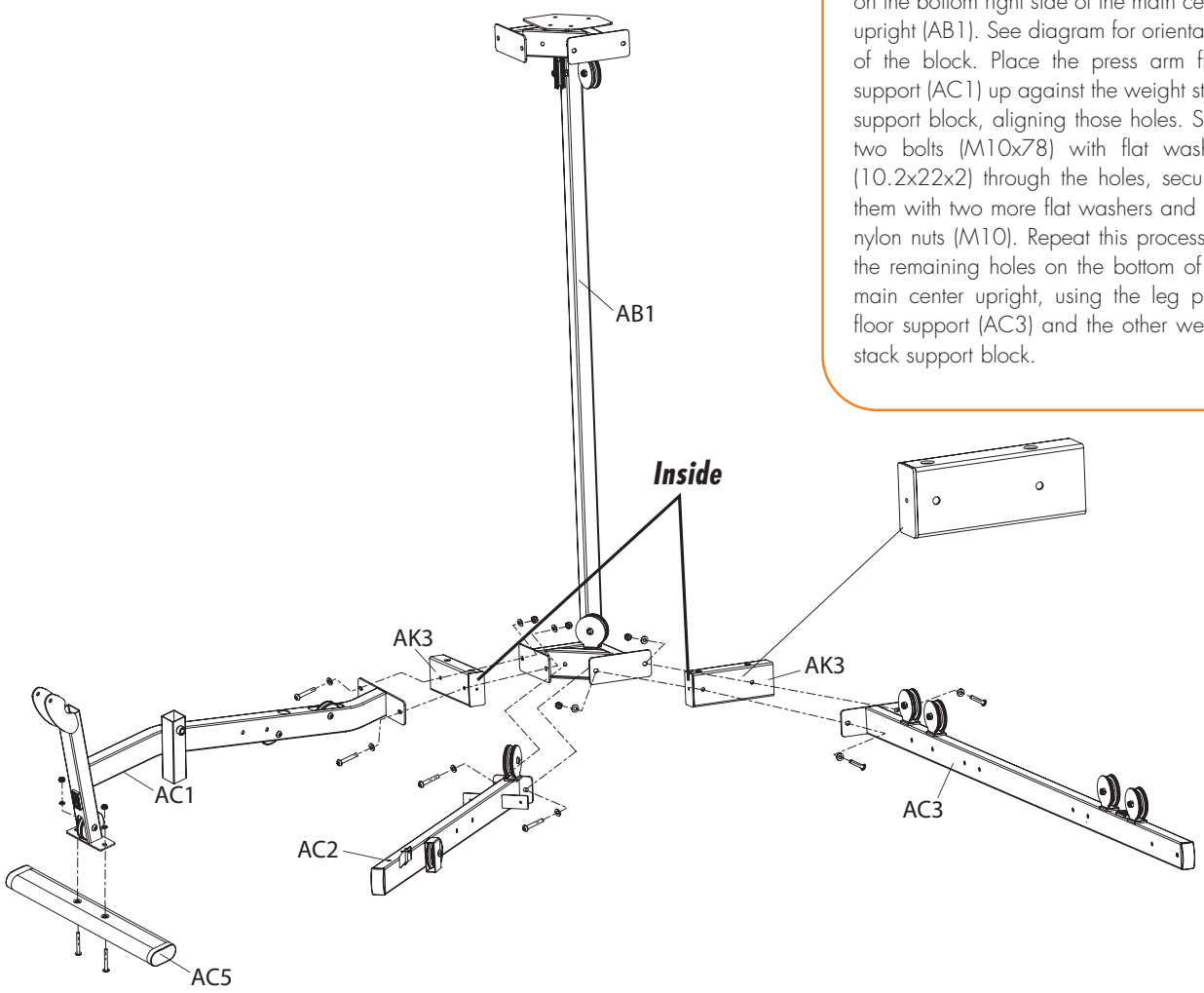
ORANGE BAG

NOTE: Leave all hardware partially loose, until the end of Step 6.

• Attach the press arm foot (AC5) to the press arm floor support (AC1) using two bolts (M10x65), two flat washers (10.2x22x2), and two nylon nuts (M10).

• Stand up the main center upright (AB1) and place the functional arm floor support (AC2) up against the center holes at the bottom of the main center upright. Connect the two frame pieces with two bolts (M10x60), and two flat washers (10.2x22x2).

• Align the holes in one of the weight stack support blocks (AK3) with the holes on the bottom right side of the main center upright (AB1). See diagram for orientation of the block. Place the press arm floor support (AC1) up against the weight stack support block, aligning those holes. Slide two bolts (M10x78) with flat washers (10.2x22x2) through the holes, securing them with two more flat washers and two nylon nuts (M10). Repeat this process on the remaining holes on the bottom of the main center upright, using the leg press floor support (AC3) and the other weight stack support block.



STEP 2

BLUE BAG

• Place the center connecting support (AC6) in between the functional arm floor support and the leg press arm floor support, aligning the holes. Slide two bolts (M10x62) with flat washers (10.2x22x2) through the holes into the functional arm floor support. Secure bolts with two more flat washers and two nylon nuts (M10). Repeat on other side of connecting support.

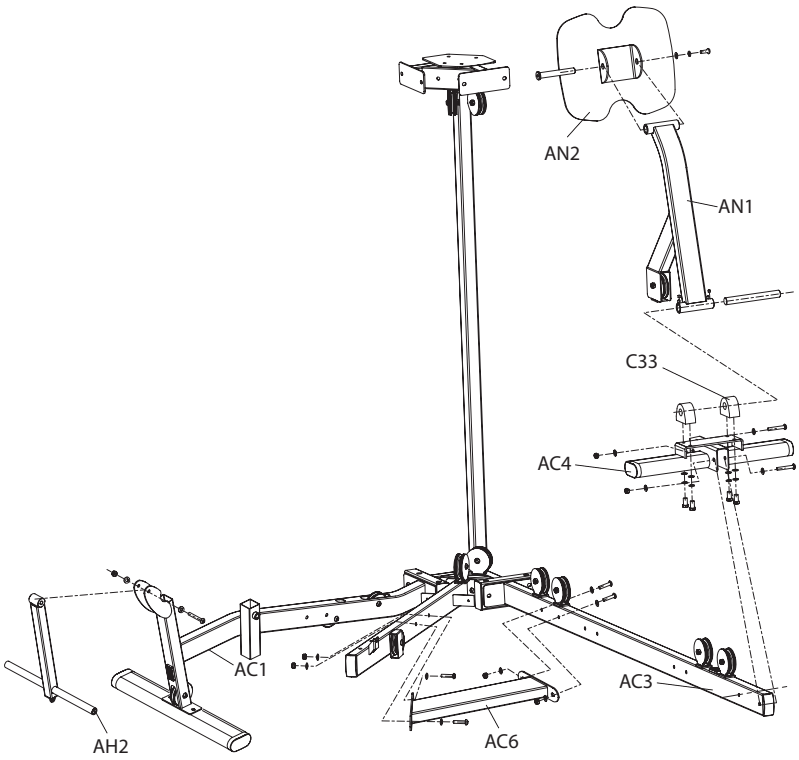
• Attach two pillow block bearings (C33) to the leg press foot (AC4) with four bolts (M10x25), four lock washers (10.2x18.4x2.5), and four flat washers (10.2x22x2). Make sure the grease fittings are positioned on the inside, pointing towards the main center upright. Tighten.

• Take the leg press foot (AC4) and place over the end of the leg press floor support (AC3), aligning the holes. Slide two bolts (M10x62) with flat washers (10.2x22x2) through the holes, securing with two more flat washers and two nylon nuts (M10).

• Loosely thread four set screws (M6x8) in the axle housing on the leg press swing arm (AN1). Place the axle (8 7/16") housing of the leg press swing arm between the pillow block bearings on the leg press foot, making sure the pulley bracket is facing the floor support. Slide the axle through the holes and center it in the bearings. Secure by tightening set screws.

• Attach the foot plate (AN2) to the leg press swing arm (AN1) by sliding the shaft (5.75") through holes in foot plate and swing arm, and securing with a flat washer (12.2x26x2), lock washer (10.2x18.4x2.5) and a bolt (M10x25).

• Attach the leg curl post (AH2) in between the bracket on the press arm floor support (AC1) using one bolt (M10x72), two flat washers (10.2x22x2), and a nylon nut (M10).

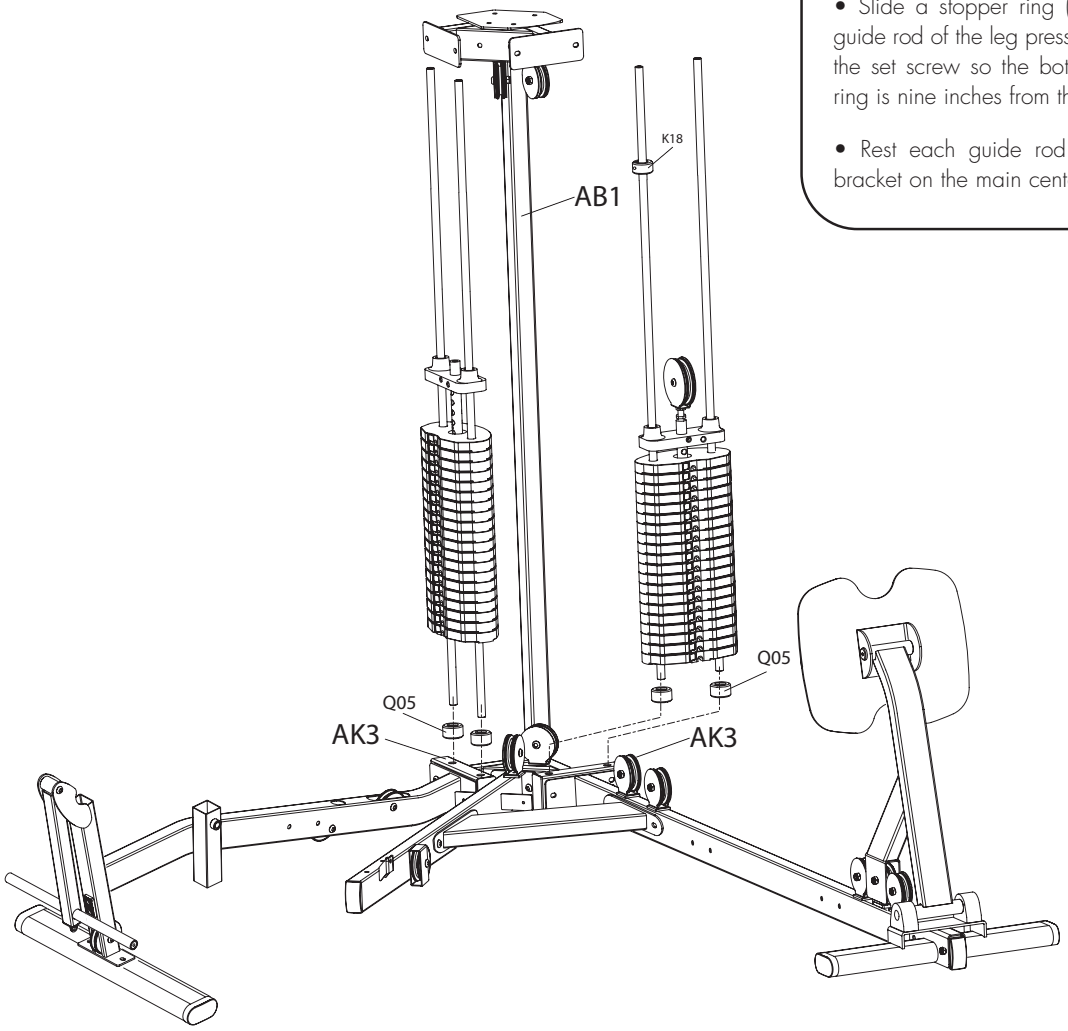


STEP 3 WEIGHT STACK

• Place weight stack bumpers (Q05) over the holes of both weight stack support blocks (AK3). Place the guide rods over and through the rubber weight plate bumpers into the weight stack support block. Use caution when adding the weight plates. Don't let the guides tilt too far forward during installation. Slide each of the 20 weight plates over both sets of the guide rods on top of one another. Place the header weight plate over both sets of guide rods on top of other weight plates. ***NOTE: Place the header plate with the pulley bracket on the leg press side weight stack! The header plate without the pulley bracket will go on press arm side.***

• Slide a stopper ring (K18) on the left guide rod of the leg press side and tighten the set screw so the bottom edge of the ring is nine inches from the top of the rod.

• Rest each guide rod behind the top bracket on the main center upright (AB1).



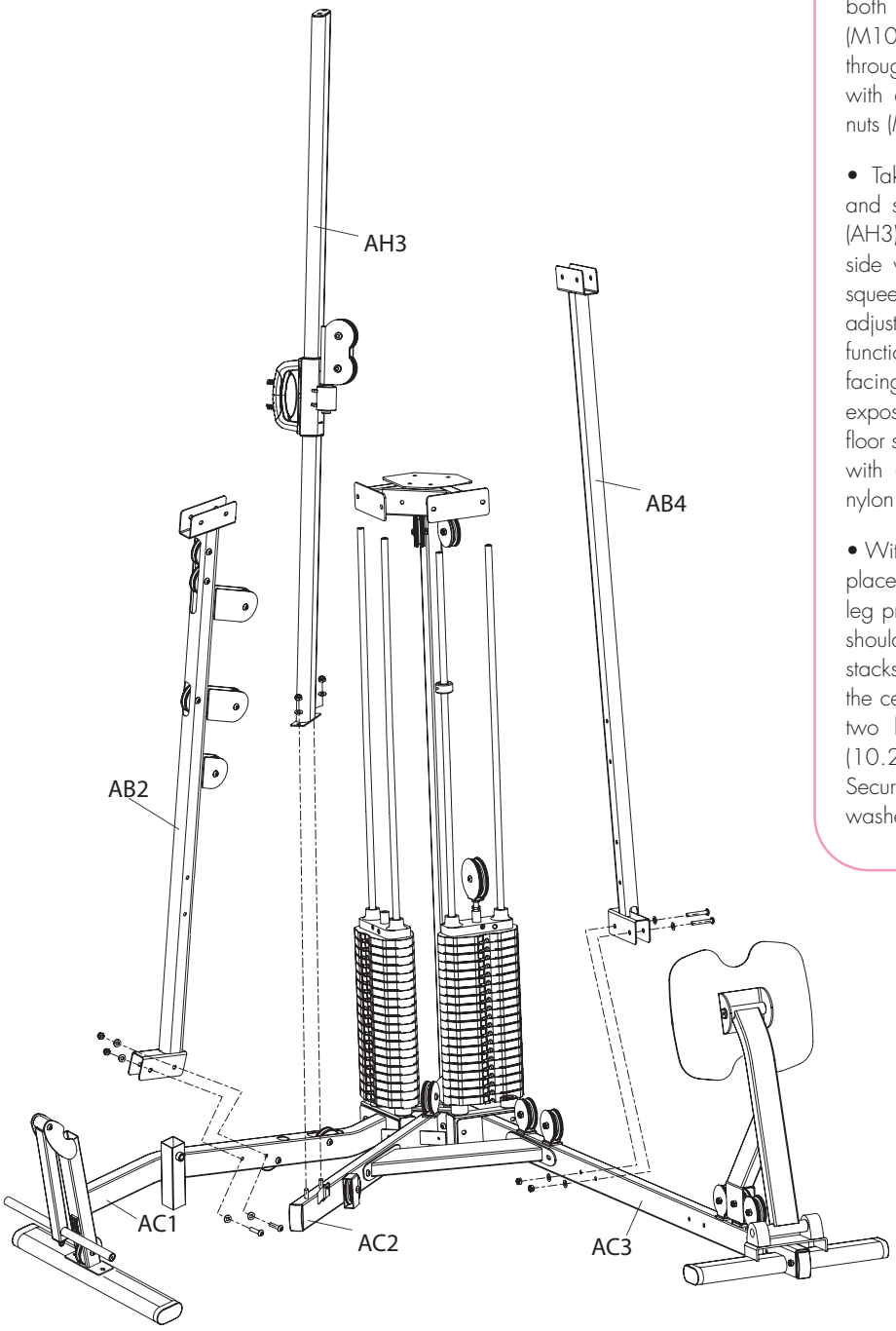
STEP 4

PINK BAG

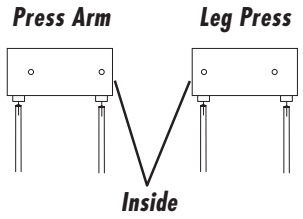
• With angled end down and pulley brackets facing weight stack, place the press arm upright (AB2) over the press arm floor support (AC1), aligning the holes in both components. Slide two bolts (M10x62) with flat washers (10.2x22x2) through holes and secure each of the bolts with another flat washer and two nylon nuts (M10).

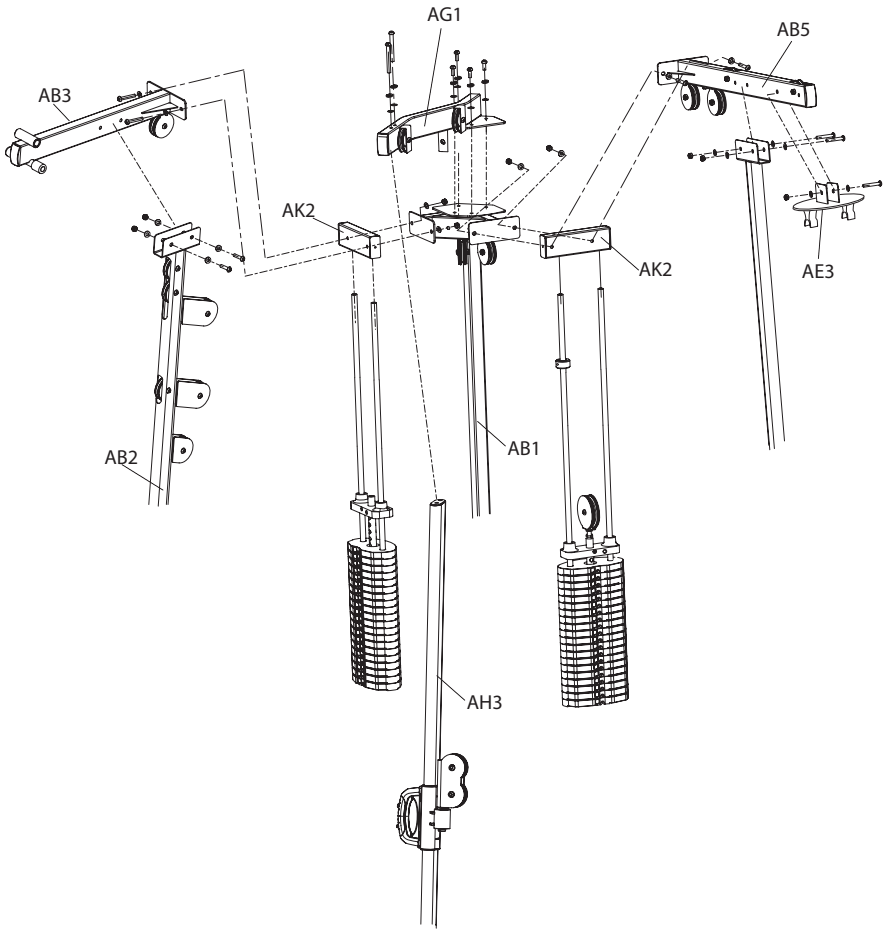
• Take the adjustable handle assembly and slide onto the functional arm upright (AH3), making sure the handle is on the side with the numbers. You will need to squeeze the handle to slide over the adjustment holes in the upright. Place the functional arm upright (AH3), numbers facing press arm upright (AB2), over the exposed bolt ends on the functional arm floor support (AC2). Secure the connection with a flat washer (10.2x22x2) and a nylon nut (M10) over each bolt end.

• With the hole for the cable on the bottom, place the leg press upright (AB4) over the leg press floor support (AC3). The upright should angle upwards towards the weight stacks. Align the holes in the upright with the center holes in the floor support. Slide two bolts (M10x62) with flat washers (10.2x22x2) through the connection. Secure each of the bolts with another flat washer and a nylon nut (M10).



STEP 5 GREEN BAG





• Slide a weight stack upper block (AK2) onto the guide rods of the press arm weight stack. See diagram for orientation. Take the press arm overhead tube (AB3) and place in the bracket on top of the press arm upright (AB2). Align the holes of the overhead tube, weight stack upper block, and main center upright (AB1). Slide a bolt (M10x67) with a flat washer (10.2x22x2) through each hole and secure the bolts with another flat washer and a nylon nut (M10). To secure the connection between the press arm upright and overhead tube, use two bolts (M10x62), four flat washers (10.2x22x2), and two nylon nuts (M10). Repeat this process on leg press side with the leg press overhead tube (AB5) and the other weight stack upper block (AK2).

• Place the functional arm overhead tube (AG1) over the main center upright (AB1) and functional arm upright (AH3). Secure the overhead tube to the main center upright using four bolts (M10x25) with four lock washers (10.2x18.4x2.5) and four flat washers (10.2x22x2). To secure the connection between overhead tube and functional arm upright, use two bolts (M10x100), two lock washers (10.2x18.4x2.5), and two flat washers (10.2x22x2).

• Attach the dual snap hook bar mount (AE3) to AB5 with two bolts (M10x62), four flat washers (10.2x22x2), and two nuts (M10). Make sure snap hooks are on the bottom.

STEP 6 BLACK BAG

• Attach the press arm swing arm (AD2) to the press arm overhead tube (AB3) using one of the axles provided. Center the shaft in the connection and secure with a sleeve (lining the flat surface up with the flat inside of swing arm), a bolt (M12x25), a flat washer (12x26x2), and a lock washer (12.2x21x2.5). See diagram for clarification.

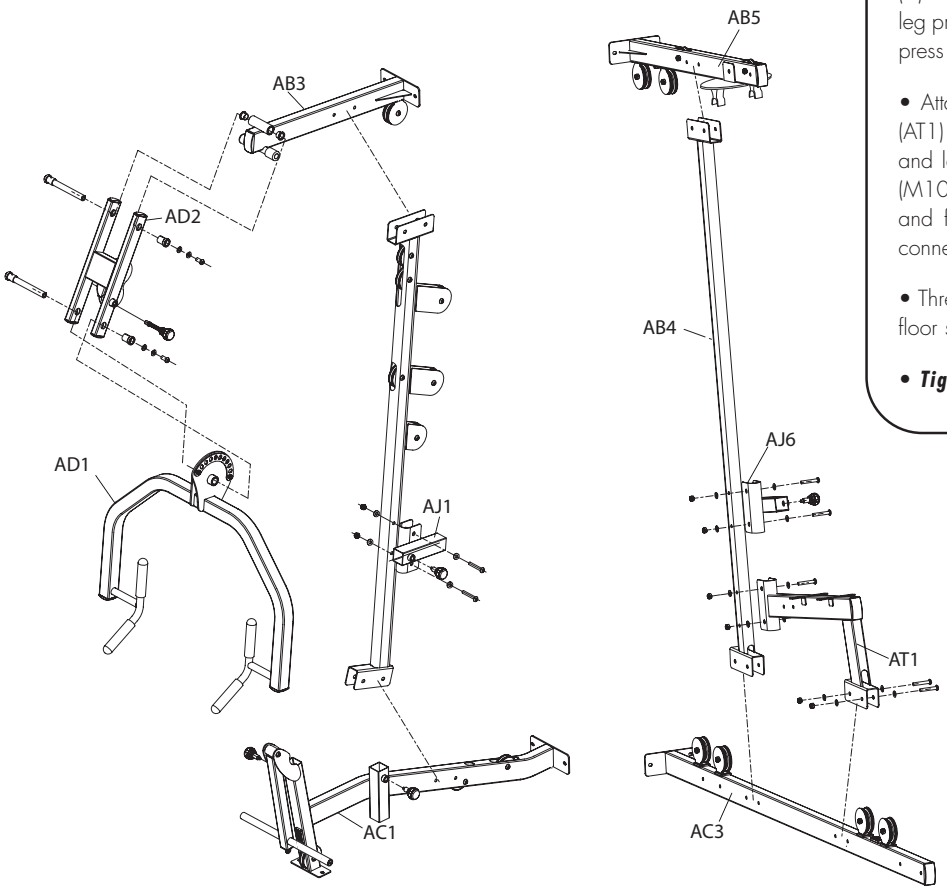
• Using the same method as the previous step, secure the press arm (AD1) to the press arm swing arm (AD2) using remaining axle provided. The handles on the press arm should be angled away from the weight stack. Thread a pull pin (B) into the swing arm until secured in one of the range of motion holes in press arm.

• Attach the press arm seat back post bracket (AJ1) to the press arm upright using two bolts (M10x62), four flat washers (10.2x22x2), and two nylon nuts (M10). Thread pull pin (A) into bracket. Repeat this process for the leg press seat back post bracket (AJ6) on leg press upright(AB4).

• Attach the leg press seat bottom support (AT1) to the leg press floor support (AC3) and leg press upright (AB4). Use four bolts (M10x62), eight flat washers (10.2x22x2), and four nylon nuts (M10) to secure both connection points.

• Thread two pull pins (A) into the press arm floor support (AC1).

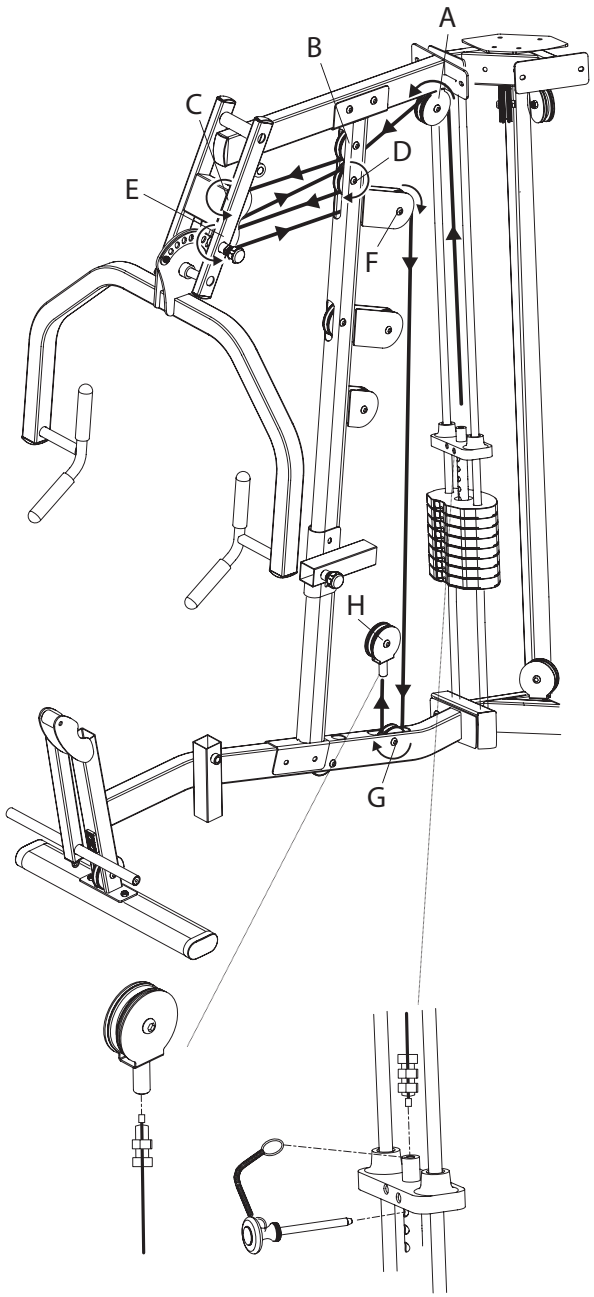
• ***Tighten all hardware.***



STEP 7

CABLE #1

Thread the bolt on the end of the cable (the end with the permanent bolt affixed) to the header plate a minimum of 1", after slipping the closed loop of the weight selector pin tether over the attached nuts. Remove the slotted bolt and nut from the opposite end of the cable. Route the cable through the following pulleys in the order specified: Over pulley A, under B, over C, over D, over E, over F, under G, and thread a minimum of 0.5" into floating pulley housing H (after reattaching the slotted bolt and nut). Tighten the nut against the pulley housing. ***WARNING: Failure to thread the ends in the specified distance can result in serious injury!***

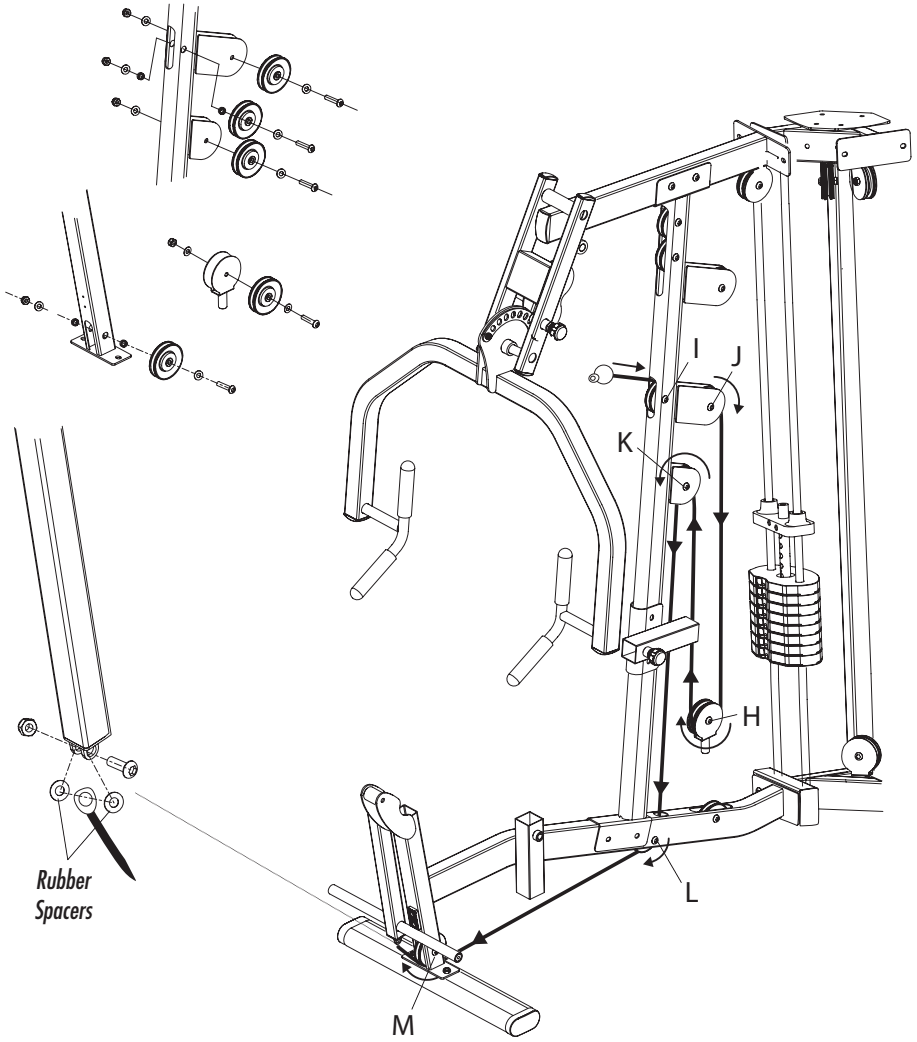


STEP 8

CABLE #2

NOTE: You will need to remove pulleys H, I, J, K, L, and M to route cable #2.

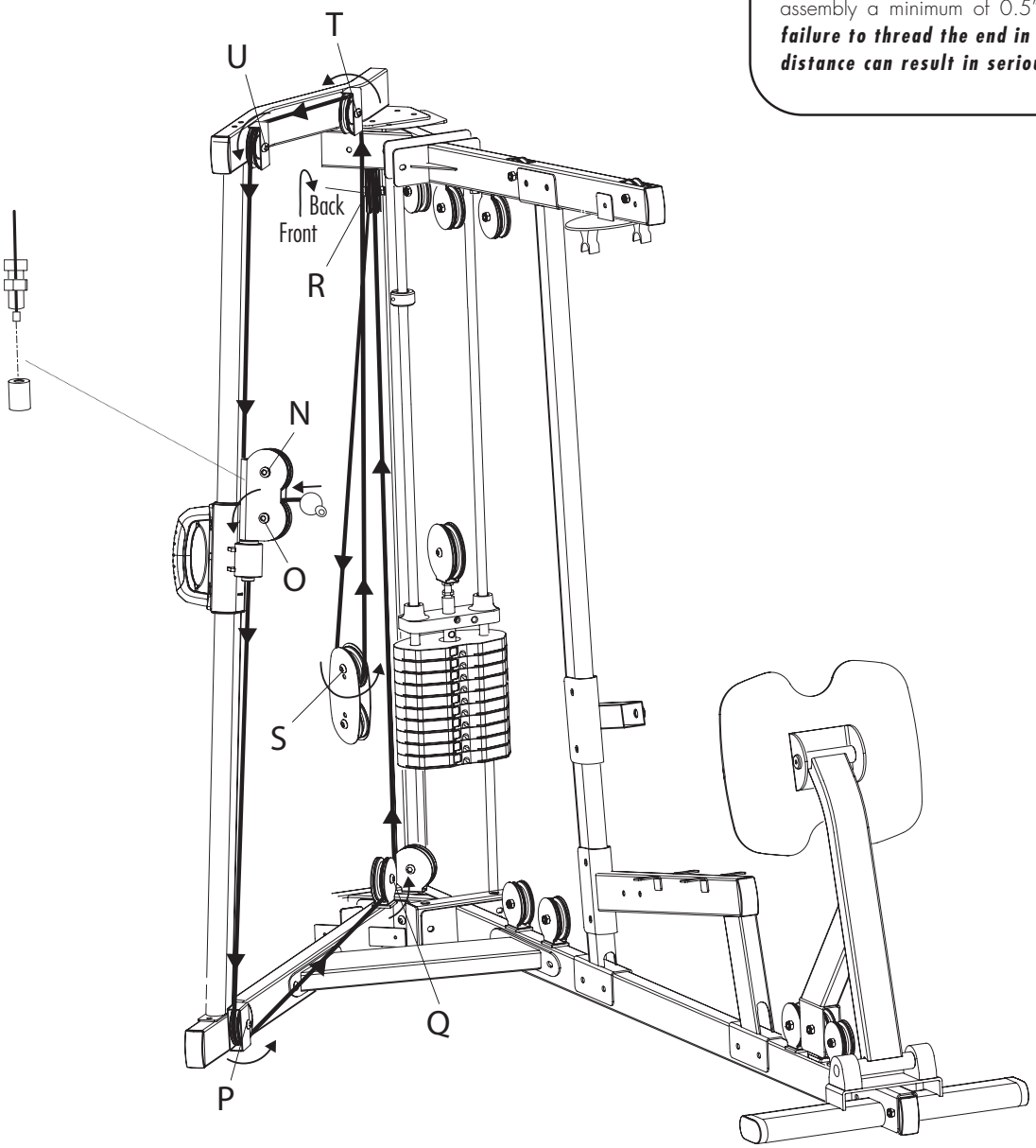
• Route the loop only end of the cable through the following pulleys in the specified order: over pulley I, over J, under floating pulley housing H, over K, under L, and under M. Center the cable end loop between the attachment points on the leg curl post (AH2). Slide the shoulder bolt (M8x16) through one side of the attachment point, a rubber spacer, the cable eyelet, a rubber spacer, and the other attachment point. Attach a nut (M8). Tighten this and all pulley bolts.



STEP 9

CABLE #3

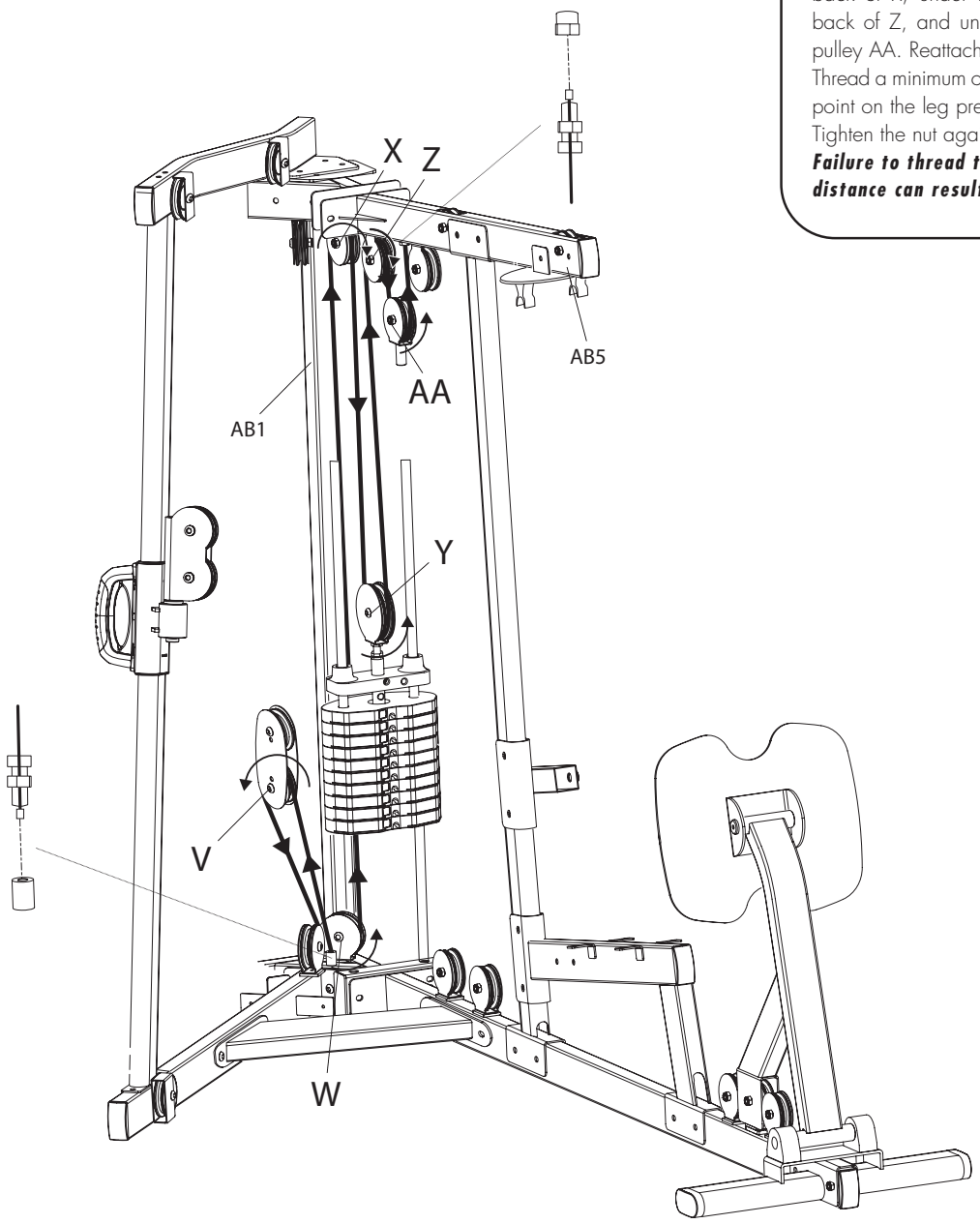
Remove the slotted bolt and nut from the end of the cable. Route this end through the pulleys in the specified order: thru the center of pulleys N & O (dual transition pulley assembly), under P, under Q, over the front of R, under the back of S (top half of dual floating pulley assembly), over the back of T, and over the back of U. Reattach the slotted bolt and nut to the end of the cable. Thread into the receiving post of the dual transition pulley assembly a minimum of 0.5". ***WARNING: failure to thread the end in the specified distance can result in serious injury!***



STEP 10

CABLE #4

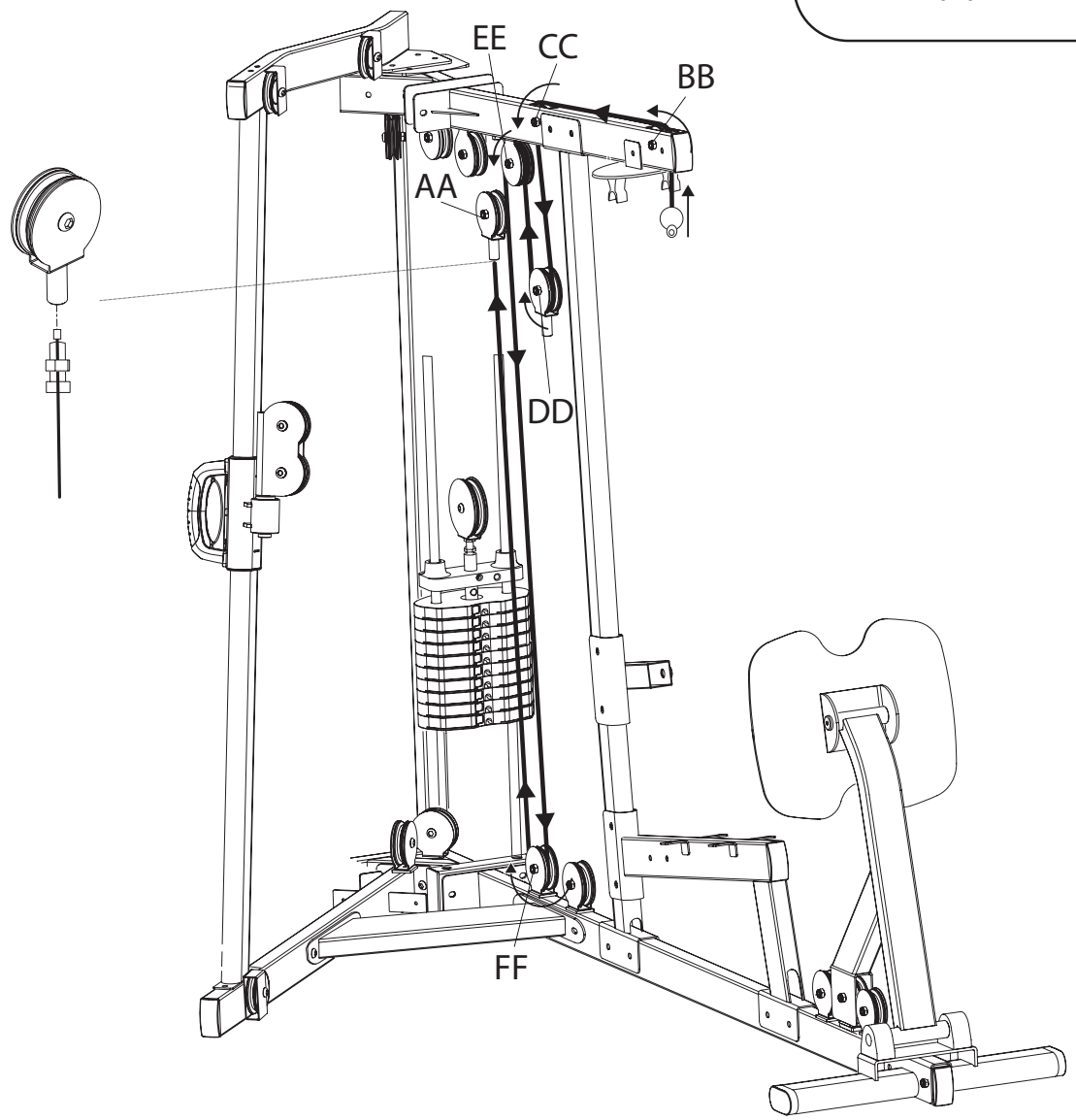
Remove the slotted bolt and nut from one end. Thread the opposite end, slotted bolt into the attachment point at the bottom of the main center upright (AB1) a minimum of 0.5". Tighten the nut against the attachment point. Route the other end through the following pulleys in the order specified: over the front of pulley V, under the back of W, over the back of X, under the back of Y, over the back of Z, and under the back of floating pulley AA. Reattach the slotted bolt and nut. Thread a minimum of 0.5" into the attachment point on the leg press overhead tube (AB5). Tighten the nut against the tube. ***WARNING: Failure to thread the ends in the specified distance can result in serious injury!***



STEP 11

CABLE #5

Remove the slotted bolt and nut from the end of the cable. Route this end through the following pulleys in the specified order: Up through the center of the leg press overhead tube, over pulley BB, over CC, down through the center of the tube, under floating pulley DD, over EE, and under the front of FF. Reattach the slotted bolt and nut and thread a minimum of 0.5" into floating pulley AA. Tighten the nut against the receiving post. ***WARNING: Failure to thread the end in the specified distance can result in serious injury!***

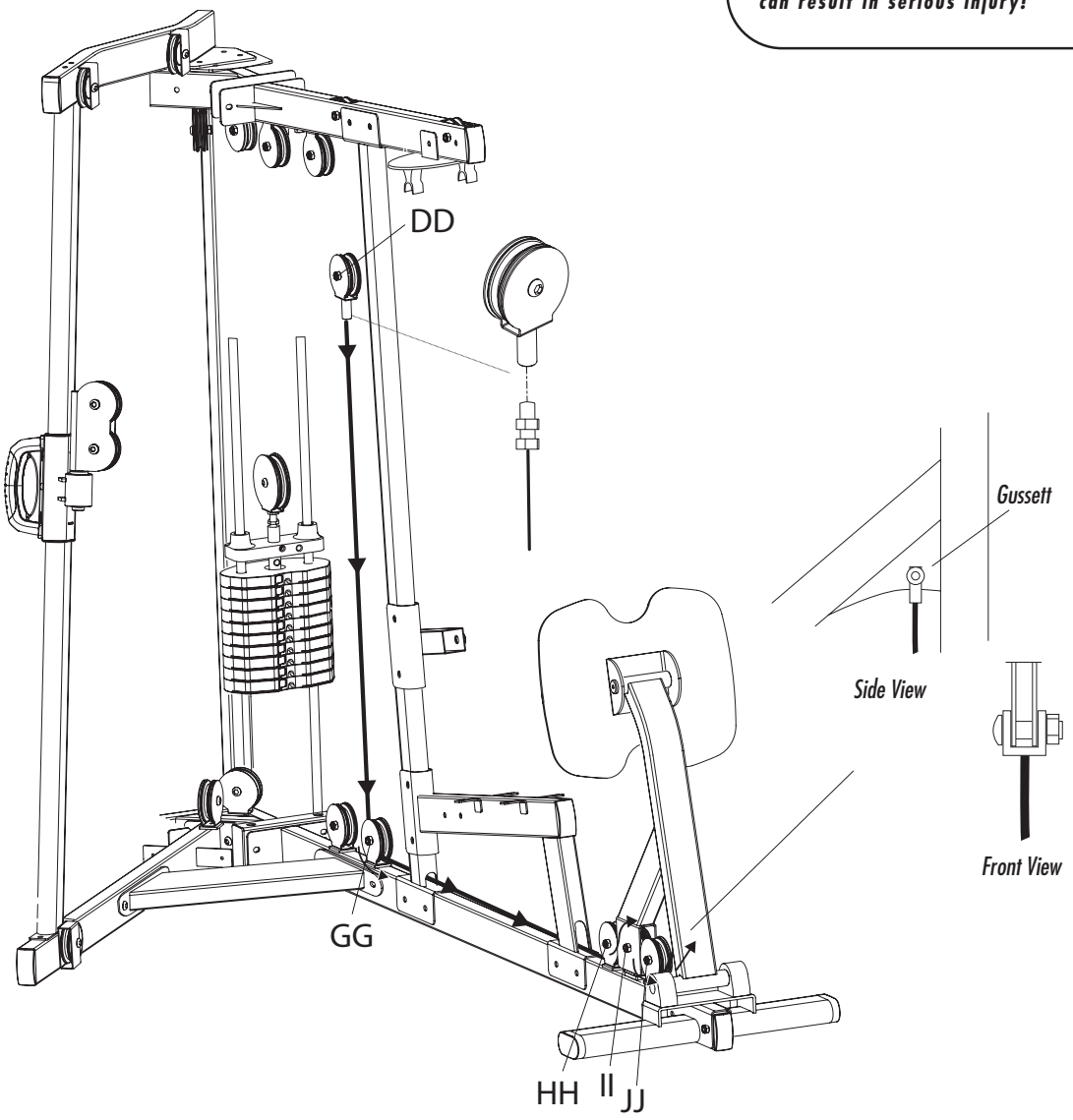


STEP 12

CABLE #6 (1/4" diameter)

NOTE: You will need to remove pulleys GG, HH, II, and JJ to route cable #6.

• Thread the bolt a minimum of 0.5" into pulley DD. Tighten nut to pulley housing. Route the cable through the specified pulleys in the following order: under GG, under HH, over II, and under JJ. Connect the termination to the leg press swing arm with a bolt (M8x19) and a nut (M8). ***WARNING: Failure to thread the specified distance can result in serious injury!***

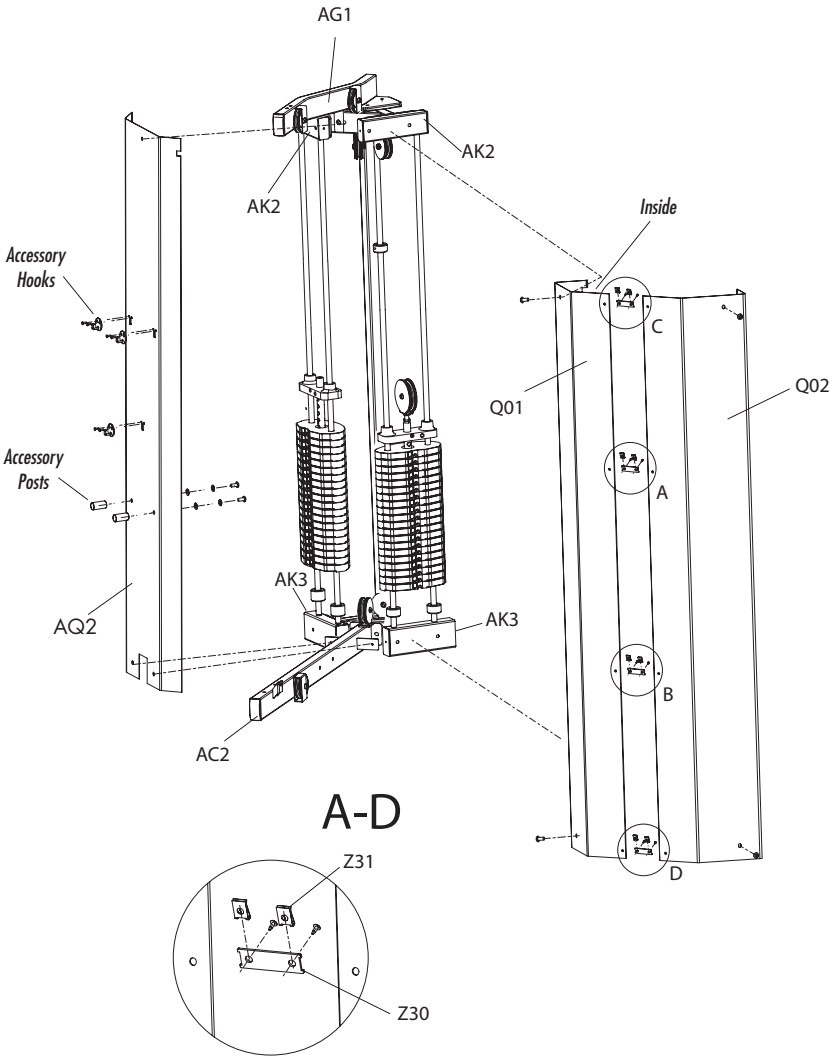


STEP 13

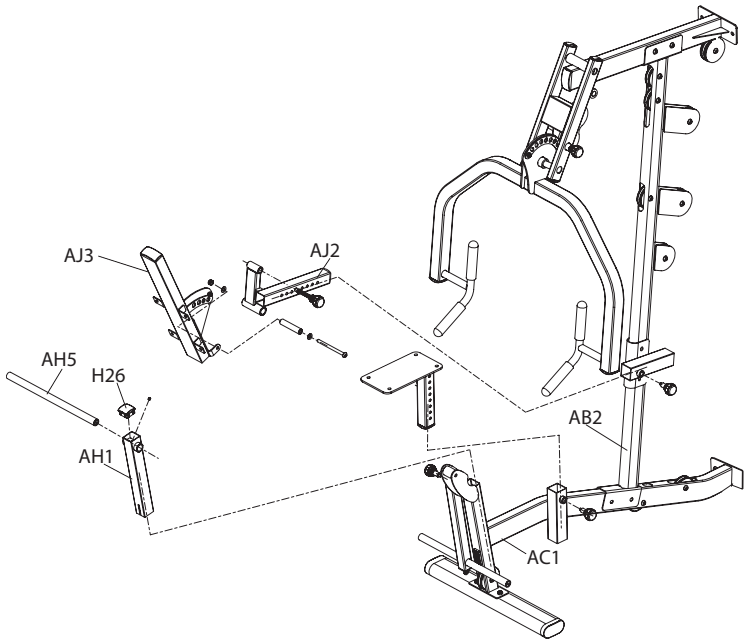
YELLOW BAG

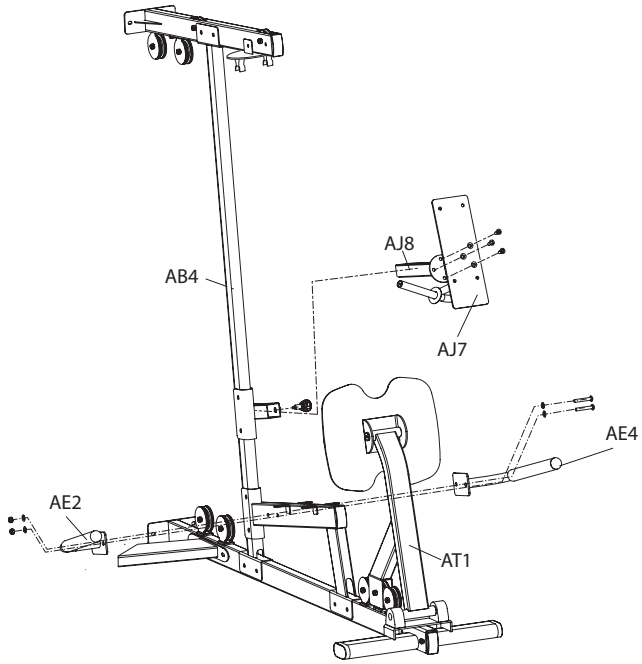
• Slide the slip on nuts (Z31) over the 8 holes of the 4 attachment clips (Z30). Fasten one end of the 4 attachment clips (Z30) to the inside of the right hand weight stack shield (Q01 @ A, B, C, and D) with four screws (M5x15). Loosely attach so that the clips are parallel to the floor. Butt the side of the left weight stack shield (Q02) up against the right side and align the holes with the remaining open holes of the attachment clips. Attach the shield with four screws (M5x15). Attach the outside edges of the left and right shields to the weight stack upper block (AK2) and lower block (AK3) with four bolts (M8x20). Tighten screws first, the the bolts.

• Attach the three accessory storage hooks to the outside of the center weight stack shield (AQ2) with six bolts (M5x15). Attach each of the two accessory posts to the outside with two flat washers (10.2x22x2) first & two lock washers (10.2x18.4x2.5) second, and a bolt (M10x25). Tighten each. Attach the upper portion of the center shield to the tab on the functional arm overhead tube (AG1) with a bolt (M8x20) and the bottom to the functional arm floor support (AC2) with two bolts (M8x20).



STEP 14 RED BAG





- Slide the post (AH5) into the tube (AH1). Insert set screw (M6x8) and tighten, after centering the post. Insert plastic cap (H26).

- Insert the knee pad post (AH1) into the bracket on the press arm floor support (AC1).

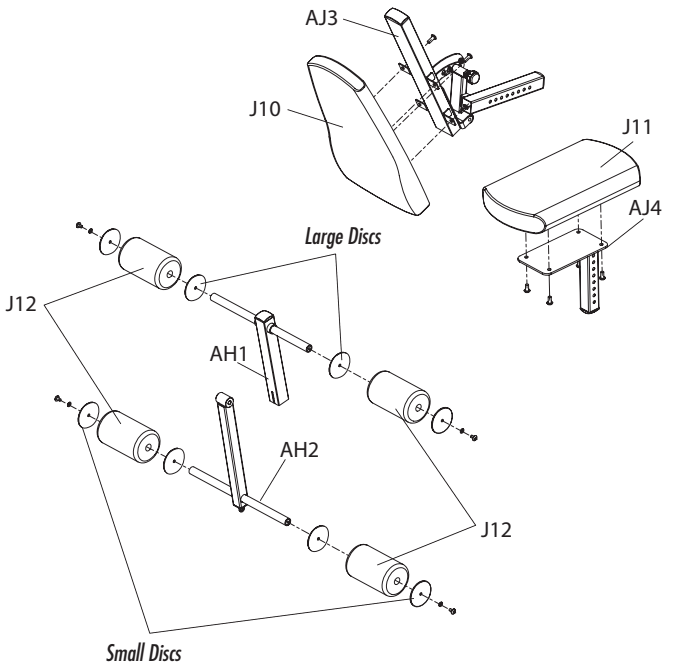
- Insert the press arm seat back post (AJ2) into the bracket on the press arm upright (AB2). Thread the pull pin (B) until post is secured in place.

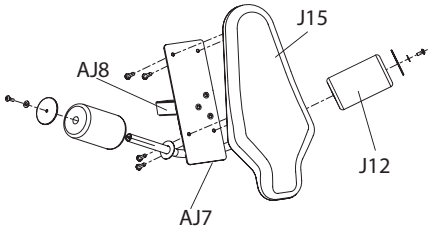
- Attach the lower end of the press arm seat back support (AJ3) to the press arm seat back post (AJ2) using the axle (4") provided. Center the axle in the connection and slide a bolt (M10x125) with a flat washer (10.2x22x2) through the axle. Secure the bolt with another flat washer and nylon nut (M10). See diagram for clarification.

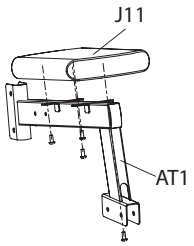
- Secure the left and right leg press seat handlebars (AE2 & AE4) to the leg press seat bottom support (AT1) using two bolts (M10x68), four flat washers (10.2x22x2), and two nylon nuts (M10).

- Connect the leg press seat back support (AJ7) and leg press seat back post (AJ8) using three bolts (M10x20) and three flat washers (10.2x22x2). Attach three nuts (M10) to the back. Insert the assembly into the bracket on the leg press upright (AB4).

STEP 15 LIGHT BLUE BAG







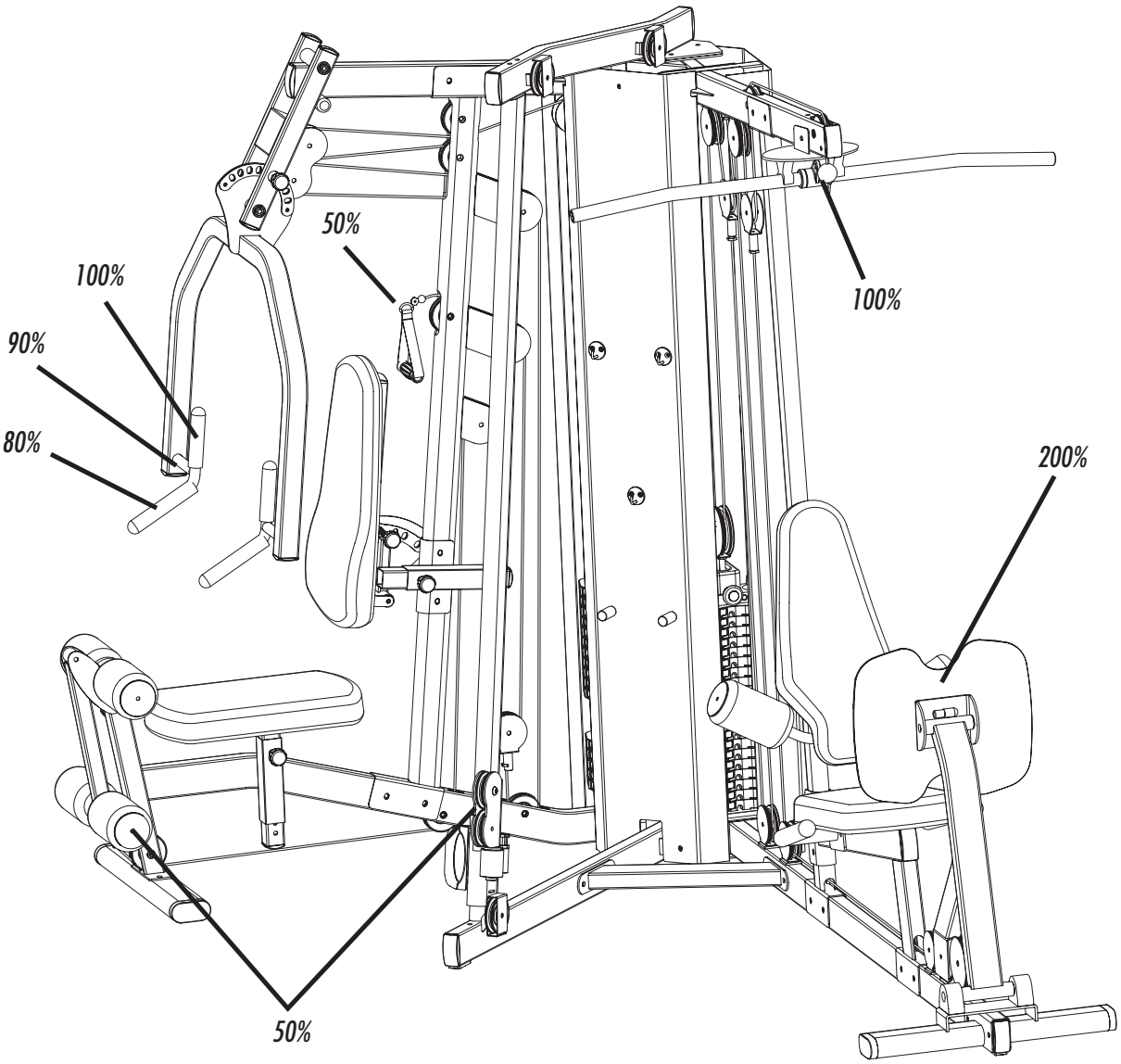
- Slide a large disc onto extension of knee pad post (AH1). Slide a round pad onto the extension, followed by a small disc. Secure with a bolt (M8x20) and a flat washer (8.4x15x1.6). Repeat this process to attach pads to other extension on knee pad post, and extensions on leg curl post (AH2).

- Secure seat back (J10) and seat bottom (J11) on press arm seat back support (AJ3) and press arm seat bottom post (AJ4) by using eight bolts provided (M10x25).

- Slide a round pad (J12) on each extension of the leg press seat back assembly (AJ7 & AJ8). Secure pads with a disc, a bolt (M8x20), and a flat washer (8.4x15x1.6). Attach seat back (J15) and seat bottom (J11) on leg press seat back support (AJ7) and leg press seat bottom support (AT1) using eight bolts (M10x25).

NOTE: Check to make sure the press arm, functional arm, and leg press/lat pulldown cables are taught. If tightened properly, there should be no more than 1" of play between the beginning of an exercise and the movement of the weight plates. If there is more play than this, thread one or more connection points further. The cables are too tight if the weight selector pin can't easily be inserted. If this is the case, back off the bolts at one or more of the connection points, until the pin can be easily inserted.

EFFECTIVE RESISTANCE



Weight Stack	200%	100%	90%	80%	50%
10	20	10	9	8	5
15	30	15	13.5	12	7.5
20	40	20	18	16	10
25	50	25	22.5	20	12.5
30	60	30	27	24	15
35	70	35	31.5	28	17.5
40	80	40	36	32	20
45	90	45	40.5	36	22.5
50	100	50	45	40	25
55	110	55	49.5	44	27.5
60	120	60	54	48	30
65	130	65	58.5	52	32.5
70	140	70	63	56	35
75	150	75	67.5	60	37.5
80	160	80	72	64	40
85	170	85	76.5	68	42.5
90	180	90	81	72	45
95	190	95	85.5	76	47.5
100	200	100	90	80	50
105	210	105	94.5	84	52.5
110	220	110	99	88	55
115	230	115	103.5	92	57.5
120	240	120	108	96	60
125	250	125	112.5	100	62.5
130	260	130	117	104	65
135	270	135	121.5	108	67.5
140	280	140	126	112	70
145	290	145	130.5	116	72.5
150	300	150	135	120	75
155	310	155	139.5	124	77.5
160	320	160	144	128	80
165	330	165	148.5	132	82.5
170	340	170	153	136	85
175	350	175	157.5	140	87.5
180	360	180	162	144	90
185	370	185	166.5	148	92.5
190	380	190	171	152	95
195	390	195	175.5	156	97.5
200	400	200	180	160	100
205	410	205	184.5	164	102.5
210	420	210	189	168	105
215	430	215	193.5	172	107.5

RESISTANCE TRAINING BENEFITS AND TIPS

Always consult a physician before starting an exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of resistance training. Now that you have assembled your VISION FITNESS gym, it is only natural that you want to get started immediately. First, determine a few realistic, short term goals and expectations for yourself. Choose an appropriate exercise routine that best suits your individual needs. Any of the 3 programs, explained in the Training Programs section below, is a great starting point.

Warm up properly before engaging in resistance training. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and ensure that you work the proper muscle groups.

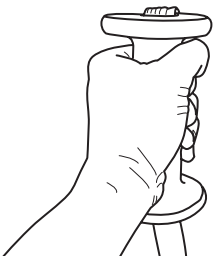
Know your limitations. If you are new to resistance training or are starting back, after an extended layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. As a general rule of thumb: inhale on the non-exertion part of the movement and exhale during the exertion portion. Never hold your breath.

Keep in mind how important the recovery phase is in achieving your goals. The general rule is to allow a minimum of 48-72 hours before training the same muscle/s. If you still experience soreness after this period of time has elapsed, take a few additional days until the soreness has subsided.

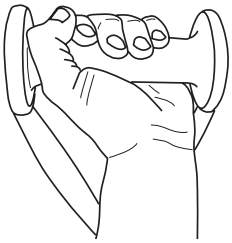
Use this manual to guide you through the basic exercises you can perform on your VISION FITNESS gym. To achieve maximum results and avoid possible injury, consult a fitness professional to formulate a complete exercise program.

WORKOUT VARIATIONS



NEUTRAL GRIP

OVERHAND OR PRONATED GRIP



UNDERHAND OR SUPINATED GRIP

TRAINING PROGRAMS

MUSCULAR ENDURANCE

A program that stresses moderate intensity, a lower amount of resistance, and higher repetitions (anywhere from 13-100 or more). These types of sets will take longer to complete. This type of training conditions the muscles for activities that stress the slow twitch muscle fibers of your body. This is beneficial for sustaining energy over moderate periods of time.

MUSCULAR STRENGTH

A program that stresses high intensity, a higher amount of resistance, and lower repetitions (anywhere from 6-12). These types of sets will take a shorter period of time to complete. This type of training conditions the muscles for activities that stress the fast twitch muscle fibers of the body. This is beneficial for activities that require short bursts of speed and power.

SPRINT 8

This program is exclusive to VISION FITNESS exercise equipment. This is a program that stresses high intensity, a moderate amount of resistance, and as many repetitions that a person can perform in a specified period of time (usually 20-30 seconds). This program works especially well for the time crunched exerciser. It allows you to work both the slow and fast twitch muscle fibers of the body. This program gives you a good cardiovascular and strength workout. The thing that is most appealing about this program is that an individual can complete it in 20 minutes.

This is how the program works:
The person picks the number of exercises they want to perform. Examples would be 1, 2, 4, or 8 exercises. The individual completes a 3 minute warm up with a brisk walk or on a piece of cardiovascular equipment. After the warm up is complete, the user begins performing the first exercise maintaining a high intensity pace throughout the determined amount of time (20-30 seconds). After this period of time, the individual can perform an active, low intensity recovery phase, stretching, or complete rest. This should last 1.5-2 minutes or less, if you are at a higher fitness level. After the recovery phase, the individual performs the second high intensity exercise for the required amount of time (20-30 seconds). This is followed by the second recovery phase. This process repeats until you are done with 8 high intensity intervals. Finish the workout by completing a 3-5 minute very low intensity cool down.

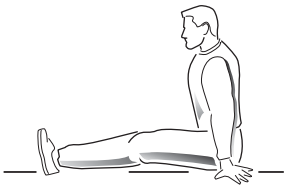
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

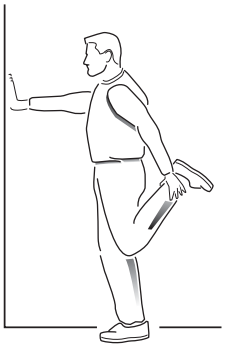
SEATED TOE TOUCH (HAMSTRINGS & LOWER BACK)

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



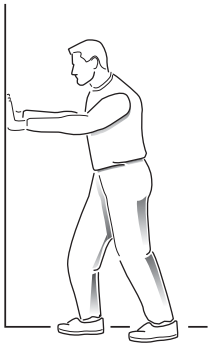
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



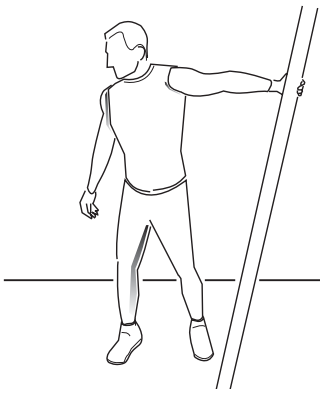
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



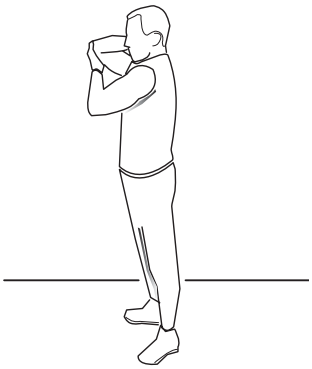
BICEP/CHEST STRETCH

Grasp an immovable object (pole or corner of a wall) with your feet planted firmly and evenly on the floor. With the palm of your stretched side facing forward, rotate your hips away from that hand. ***Be careful not to rotate too far or hyperextend the elbow joint.*** Hold the stretch for 15 to 30 seconds. Repeat with the opposite side, and continue to alternate as necessary.



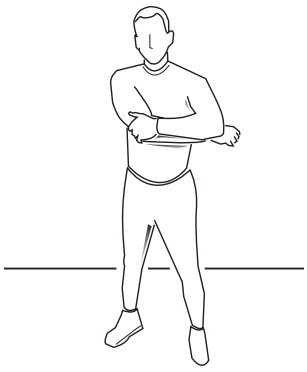
TRICEP STRETCH

Stand erect with your eyes fixated straight ahead. Raise and bend your right arm until your forearm is parallel to the floor (palm down). Grasp the area below the right elbow with your left hand. Gently apply a constant upward force for 15 to 30 seconds. Switch arms and repeat as necessary.



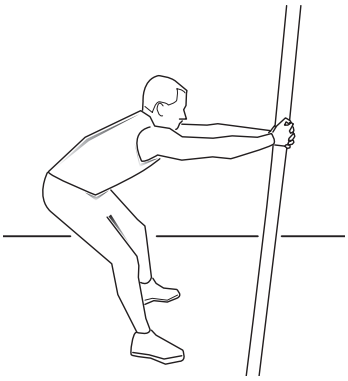
SHOULDER STRETCH

Make sure your feet are even and planted firmly on the floor. Grasp your right arm, behind the elbow, with your left hand. While keeping both elbows bent, apply a gentle, constant pull to the left for 15 to 30 seconds. Switch arms and repeat as necessary.

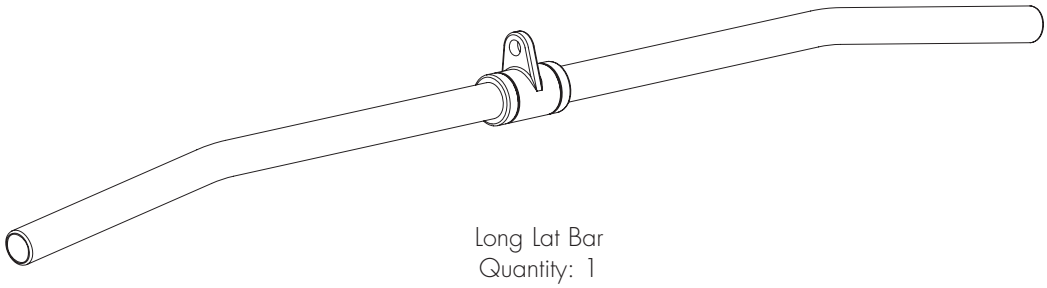


UPPER BACK STRETCH

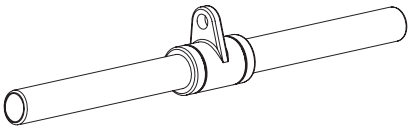
Stand facing an immovable object, feet even and flat on the floor. Grasp the object (fingers interlocked or one hand over the other) and slowly move your hips to the rear. ***Be very careful not to round your back.*** Only stretch as far as your comfort zone. Hold for 15 to 30 seconds and repeat as necessary.



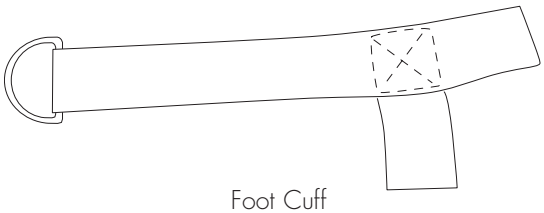
INCLUDED ACCESSORIES



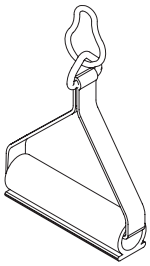
Long Lat Bar
Quantity: 1



Short Bar
Quantity: 1

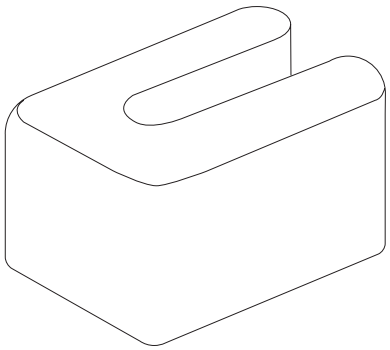


Foot Cuff
Quantity: 2



Co-Molded Handle
Quantity: 2

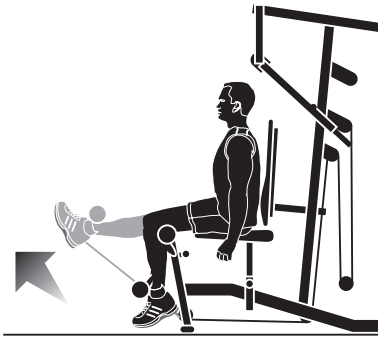
Sport Handle
Quantity: 1



5# Add-on Weight
Quantity: 2

PRESS ARM STATION EXERCISES

LEG EXTENSION (LOWER QUADRICEP GROUP)



While holding onto the seat, disengage and hold the pull pin that locates it vertically. Transition the seat to the hole that allows your legs to be bent at a 90 degree angle, when seated. Engage and tighten the pull pin knob. Following the same procedure locate the upper round pad assembly so it is positioned the first hole above the level of the seat. From the seated position, drape each leg over the top of the upper roller pads, so they are positioned directly over your knees. Wrap each foot under the lower roller pads. With your legs bent at a 90 degree angle, proceed to curl the weight upwards until you reach full extension of your legs. Lower slowly and repeat.

STANDING LEG CURL (LOWER HAMSTRING GROUP)

Disengage and hold the pull pin of the press arm. Rotate the arm forward until the handles are at a position you will comfortably be able to grasp, in the standing position. Engage the pull pin. Disengage and hold the pull pin of the upper roller assembly. Position the rollers at a height that is just above your kneecap. Engage and tighten the pull pin. Stand to the side you are going to work. Position the heel of your working leg in front of the corresponding low roller pad and the area of your thigh, just above your kneecap, behind the upper roller pad. While exerting a forward force with your upper leg, proceed to curl your heel towards the back of your knee. Make sure your thigh is in constant contact with the upper roller pad. Start in full leg extension and finish with your knee bent at a 90 degree angle. Lower slowly and repeat for the desired number of repetitions. Switch legs and repeat the process.

SEATED ROW (RHOMBOIDS, LATISSIMUS DORSI, AND TRAPEZIUS)

Disengage and hold the seat pull pin. Position the seat at a level that allows your knees to be bent at a 90 degree angle. Engage and tighten the pull pin. Disengage and hold the seatback angle adjustment pull pin. Position the pin in either the front or middle hole, depending on preference. Disengage and hold the horizontal adjustment pull pin of the seatback. Position the seatback far enough forward, so that you will be able to achieve full arm extension at the start of the movement. Engage the pull pin. Sitting on the seat, chest against the seatback and feet flat on the floor, grasp the handles with the desired grip. Pull the handles forward as far as possible, towards your torso. Slowly return to full arm extension and repeat.

SEATED SHOULDER PRESS (DELTOIDS AND TRICEPS)

Disengage and hold the seat pull pin. Position the seat at a height, where the horizontal handles are at shoulder level. Engage and tighten the pull pin. Disengage and hold the seatback angle adjustment pull pin. Engage the pin in the last hole. Disengage and hold the press arm pull pin. Engage in the hole that allows you to comfortably grasp the upper or horizontal handles of the press arm. Sit on the seat, lower back firmly against the seat-back, and feet in a comfortable position. Grasping either the horizontal or upper handles, push forward in an arc motion, until achieving full arm extension. Slowly return to the start position and repeat.

SEATED CHEST PRESS (PECTORALS & TRICEPS)

Disengage and hold the seat pull pin. Position the seat at a height, where the horizontal handles are at mid-chest level. Engage and tighten the pull pin. Disengage and hold the seatback angle adjustment pull pin. Engage the pin in the front hole. Disengage and hold the press arm pull pin. Engage in the center hole, so that the arm is perpendicular to the floor from the side. Disengage and hold the seatback pull pin. Engage in the appropriate hole that allows the desired range of motion – farther back for less and farther forward for more. Sit on the seat, lower back firmly against the seatback, and feet in a comfortable position. Grasping either the horizontal or upper handles, push forward in an arc motion, until achieving full arm extension. Slowly return to the start position and repeat.

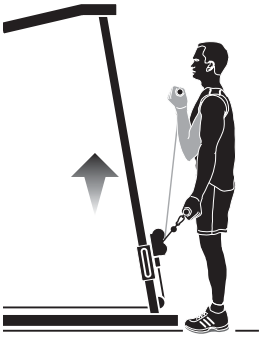
SEATED ABDOMINAL CRUNCH (RECTUS ABDOMINUS)

Disengage and hold the seat pull pin. Position the seat at a level that allows your knees to be bent at a 90 degree angle. Engage and tighten the pull pin. Disengage and hold the seatback angle adjustment pull pin. Engage the pin in the front hole. Attach the foot/abdominal cuff to the karabiner behind the seatback. Grasp the two straps of the cuff and hold with your hands at the back of your neck. Your hands should remain stationary throughout the movement. With your lower back against the seat back, crunch forward in an arc motion, until you feel a contraction in your abdominals. Slowly raise and repeat.

CENTER STATION EXERCISES

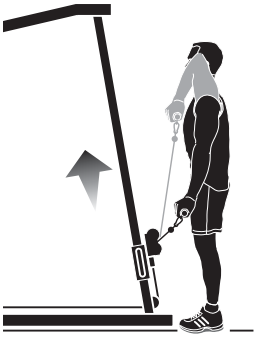
LOW CABLE CURL (BICEPS)

Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the single swivel, short bar onto the karabiner. Reach down and grasp the bar evenly with both hands (underhand grip). Stand erect with arms at full extension. While keeping your upper arms against your torso throughout, curl the bar up to shoulder height. Slowly lower and repeat.



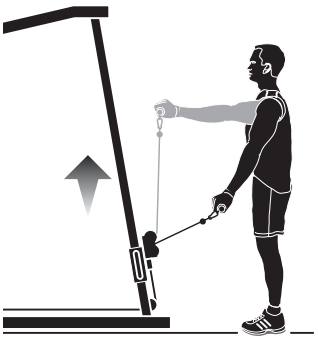
UPRIGHT CABLE ROW (DELTOIDS & TRAPEZIUS)

Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the single swivel, short bar onto the karabiner. Reach down and grasp the bar evenly with both hands (overhand grip). Stand erect with arms at full extension. Keeping the bar as close to your body as possible, pull the bar straight up to chin level. Your elbows should flare out to the sides. Slowly lower and repeat.



FRONT RAISE (ANTERIOR DELTOIDS & TRAPEZIUS)

Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the single swivel, short bar onto the karabiner. Reach down and grasp the bar evenly with both hands (overhand grip). Stand erect with arms at full extension, facing the center station. While keeping your elbows locked or slightly bent, raise the bar in an arc motion, until your arms are parallel to the floor. Slowly lower and repeat.



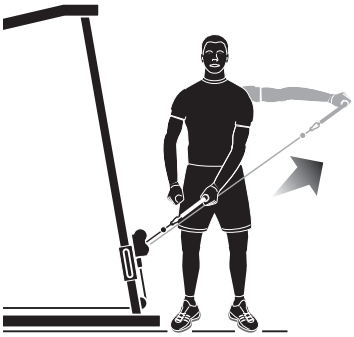
HIP ADDUCTION (GRACILIS, ADDUCTOR LONGUS & MAGNUS, PECTINEUS OR GROIN/ADDUCTOR GROUP)

Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the foot cuff with the loop down. Place the foot of the working leg into the cuff, with the back portion of the strap against your heel and the loop around the bottom of your foot. Position your body so that it is side by side, in relation to the center upright. Your working leg will be closest to the upright. Stand far enough away from the upright so that you achieve full extension of the working leg. Grasp something solid with the hand on the same side as the working leg. Start with your foot 18-24" apart from the other one. Swing the working foot towards the midline of your body, until it meets your other foot. Slowly return to the start position and repeat for the desired # of repetitions. Switch sides and repeat the process.

HIP ABDUCTION (GLUTEUS MEDIUS & MAXIMUS)

Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the foot cuff with the loop down. Place the foot of the working leg into the cuff, with the back portion of the strap against your heel and the loop around the bottom of your foot. Position your body so that it is side by side, in relation to the center upright. Your working leg will be farthest from the upright. Stand far enough away from the upright so that you achieve full extension of the working leg. Grasp something solid with the hand opposite the working side. Start with your working foot above or crossed over the planted foot. Swing your foot out to the side as far as possible. Slowly return to the start position and repeat for the desired # of repetitions. Switch sides and repeat the process.

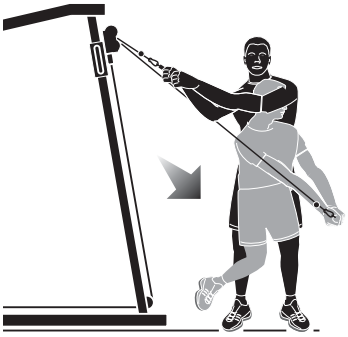
SIDE LATERAL (MEDIAL & ANTERIOR DELTOID, TRAPEZIUS)



Disengage and hold the handle of the dual transitioning pulley. Position the handle in hole # 1, making sure the pin fully engages. Attach the co-molded handle. Stand sideways to the center upright, with your working side farthest away. Stand erect and grasp the handle with an overhand grip. Stand far enough away from the upright, so your working arm starts at the midline of the body. With your elbow locked or slightly bent, raise the working arm in an arc motion out to the side, until you reach shoulder height. Slowly lower and repeat for the desired # of repetitions. Switch sides and repeat the process.

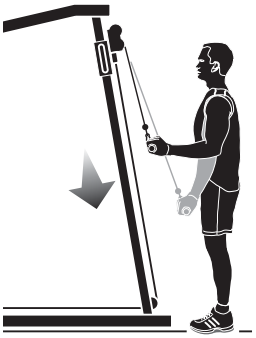
CENTER STATION EXERCISES (continued)

WOOD CHOP (LATISSIMUS DORSI, LUMBAR & THORACIC MUSCLES OF THE BACK, TRANSVERSE ABDOMINIS, AND OBLIQUES)



Disengage and hold the handle of the dual transitioning pulley. Position at a point above your head, making sure the pin fully engages. Position your body so that it is side by side, in relation to the center upright. Grasp the sport bar with either a traditional grip (hand closest to the upright, nearest the swivel & the other one towards the end of the handle) or a crossover grip (hand farthest from the upright is closest to the swivel and the other hand towards the end of the handle). Pull the handle down and across your body, finishing with your hands at the height of your outside knee. Slowly return to the start position and repeat for the desired # of repetitions. Rotate your body 180 degrees and repeat the process.

TRICEP PUSHDOWN (TRICEPS)



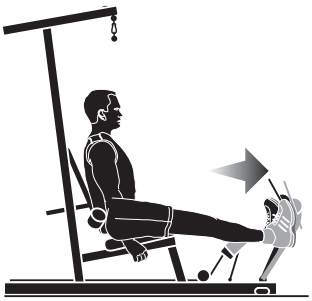
Disengage and hold the handle of the dual transitioning pulley. Position at a point above your head, making sure the pin fully engages. Attach the single, center swivel bar. Facing the center upright, grasp the bar with either an overhand (traditional) or underhand grip. Start with your arms bent at a 90 degree angle. While keeping your upper arms into your sides throughout the movement, push the bar to full arm extension, using an arc motion. Your elbows will act as hinges. Slowly raise the bar to the start position and repeat.

LEG PRESS/LAT PULLDOWN STATION EXERCISES

LEG PRESS (QUADRICEPS, HAMSTRINGS, AND GLUTEALS)

Disengage and hold the pull pin of the seat back. Position in the hole that provides the desired range of motion. Engage and tighten the pull pin. Sit on the seat with your lower back firmly against the seat back. Place your feet at the desired width in the ***center*** (height) of the footplate. ***WARNING: failure to comply with this recommendation could cause your feet to slip off of the footplate, resulting in serious injury!*** Push forward until your legs reach full extension or close to it. Slowly return to the start position and repeat.

CALF PRESS (GASTROCNEMIUS)



Disengage and hold the pull pin of the seat back. Position in the hole that allows you to fully extend your legs easily. Place your feet securely and evenly on the lower half of the footplate. ***WARNING: Make sure your feet cover enough surface area of the footplate that they won't slip off during the exercise. Failure to comply with this could result in serious injury!***

Push the footplate forward until you achieve full leg extension. Rotate your toes back towards your body to achieve a full range of motion. Press the footplate as far forward as possible, rotating your toes away from your body. Slowly rotate them back towards the start position and repeat. When finished with the desired # of repetitions, flex your knees, until the weight being used returns to its resting position.

LAT PULLDOWN (LATISSIMUS DORSI, BICEPS BRACHAII, BRACHIALIS, AND TERES MAJOR)

Straddle the seat of this station. Grasp the seatback with your left hand and disengage the pull pin with your right hand. Engage the pull pin in the hole that corresponds with the desired location of the hold down roller pads. Attach the long bar to the karabiner above. Grasp the bar evenly with an overhand or underhand grip. Pull the bar down until you are seated, under the roller pads, if desired. Proceed to pull the weight straight down or at a slight backward angle, until the bar touches or comes close to your collarbone. Slowly raise back to full arm extension and repeat.

MAINTENANCE SCHEDULE

FOR *BEST* PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

Check the integrity and function of the following parts. Replace all worn components immediately.

ITEM	DAILY	WEEKLY
CABLES CHECK END FITTINGS AND CABLE JACKET COATING. CHECK TIGHTNESS OF WEIGHT STACK LOCKING NUT. REPLACE CABLES ANNUALLY.	•	•
UPHOLSTERY WIPE DOWN AND DRY. CLEAN AND CONDITION.	•	•
FRAME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
CHROME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
NUTS/BOLTS/FASTENERS TIGHTEN AND/OR ADJUST AS NEEDED.		•
GUIDE RODS LUBRICATE AND CLEAN.		•
ADJUSTMENTS/LOCKING PINS/ TIGHTENING KNOBS		•
WEIGHT STACK PIN		•
WARNING/INSTRUCTION LABELS		•
ANTI-SKID GRIP TAPE		•
HAND GRIPS		•
GREASE PILLOW BLOCK BEARINGS OF LEG PRESS		•

ST710 COMMERCIAL WARRANTY*

COMMERCIAL USES DEFINED VISION FITNESS warrants the *ST710* model Multi-Station Gym for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME, WELDS, WEIGHT PLATES, & GUIDE RODS - LIFETIME VISION FITNESS warrants the Frame, Welds, Weight Plates and Guide Rods against defects in workmanship and materials for the life of the product, as long as it remains in the possession of the original owner.

BUSHINGS, ROTATING BEARINGS, & PULLEYS - FIVE YEARS VISION FITNESS warrants these components against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

CABLES, LINEAR BEARINGS, SHAFTS, & OTHER PARTS - ONE YEAR VISION FITNESS warrants these components against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

**ST710* Commercial Warranty valid in North America only

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

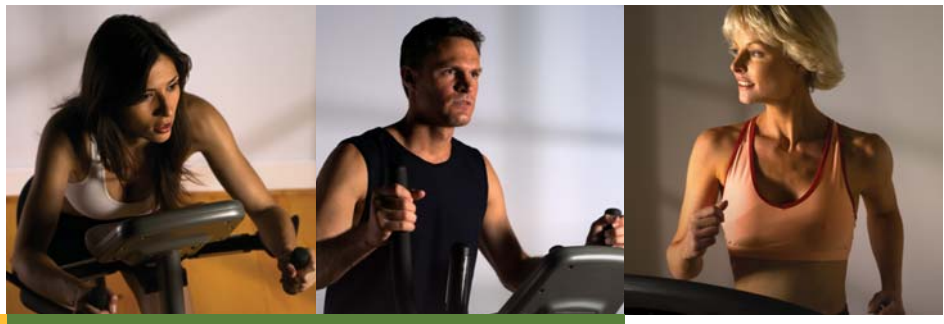
Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

it all starts with a

vision



VISION FITNESS®

500 South CP Avenue • P.O. Box 280 • Lake Mills. WI 53551
toll free 800.335.4348 • phone 920.648.4090 • fax 920.648.3373
www.visionfitness.com

©2006 Vision Fitness. All Rights Reserved. 10.06
OM18.41PRD
REV1